



**ABSOLUTE**  
COSMETIC MEDICINE

## Platelet Rich Plasma Post Procedure Instructions

Patience is required; swelling will be present for 24 to 48 hours. The swelling will subside, sleep elevated – 4 or 5 pillows, place pillows on either side of you to prevent you rolling onto your side.

Avoid touching your face for at least two hours to allow injection sites to heal over.

Wash your hands before touching injected areas to avoid introducing external infection.

Gently massage area with Arnica cream to comfort.

Your treated area will feel a bit tender for a few days.

Bruising may occur - Arnica tablets or spray may help to speed the recovery.

Avoid exposure to prolonged sunlight, rigorous exercise, saunas, hot baths and excessive amounts of alcohol, as this will increase the swelling and the possibility of bruising.

Keep the area free of oil based products, heavy cosmetics and thick moisturizers for at least four hours.

It is essential that you attend your review appointment in 2 to 4 weeks' time so that we can compare with your before photo. A three month check-up is also required to check your progress.

For any queries, please call:

Dr. Murray	0412 366 872
After Hours Nurse	0413 835 867
Rooms Nedlands	9389 9099 – Hrs 0830 to 1700