

## POST CARE FOR VAMPIRE FACELIFT

- **What to Expect after Treatment:** After PRP procedure the most frequently reported temporary side effects are swelling, redness, bruising, tenderness, tingling, numbness, lumpiness, and a feeling of pressure or fullness at the injection sites in the treated area. You can apply cold gel packs or ice to reduce swelling. Maximum results will be seen between two to three months post procedure.
- **To Avoid Bruising:** Avoid anti-inflammatories such as Aspirin and NSAIDS for several days after treatment. You may take Tylenol for any discomfort.
- **To Maximize Results and Prevent Complications:**
  - For 24 hours after treatment avoid touching or scrubbing at the injection sites.
  - Avoid anti-inflammatories for up to 30 days.
  - Sleep on your back with your head elevated for one to two nights.
  - Avoid direct high heat for 24 hours after treatment. Some examples of direct heat include: blow dryer, sun exposure, sauna, steam room, jacuzzi, very hot showers and strenuous exercise
  - Makeup can be applied following treatment if desired.
- **No Facials, Facial Massages, or Laser Treatments for 2 Weeks Afterward:** Almost all facials, chemical peels and laser treatments may be done prior to the treatment. However, they cannot be done for 2 weeks after PRP treatment. Botox can be injected immediately before or after treatment.
- **Maintenance Treatments:** The results of PRP treatment can last up to 2 years. Results vary and research documenting the longevity of results is ongoing. Maintenance treatments are recommended annually.