WHAT TO KNOW
POST PRP CARE

KINGSWAY NATUROPATHIC CLINIC

A Patient Information Guide

What to Expect

It is normal to experience the following for 2–5 days:

- Mild swelling or puffiness
- Redness or warmth
- Tenderness
- Mild bruising
- Temporary increase in pain for up to 7–10 days
- A feeling of "fullness" or pressure in the area

These are signs of your body's healing response.

The First 24 Hours

Do:

- Keep the area clean & avoid touching it unnecessarily
- Use gentle cleansing only (no scrubs or exfoliants)
- Sleep on your back if the treatment was to the face
- Drink plenty of water

Avoid:

- Ice or cold compresses (can reduce the inflammatory healing you want)
- Makeup (for facial PRP)
- Sweating, exercise, saunas, hot yoga
- Alcohol

Days 2–7

Do:

- Resume gentle skincare (if facial)
- Use a clean pillowcase + avoid picking or rubbing
- Apply SPF 30–50 daily if areas are sun-exposed
- Light physical activity after 48 hours

Avoid:

- Intense exercise, heavy sweating, or hot tubs for 72 hours
- Anti-inflammatory medications (Advil, Aleve, ibuprofen) for 7 days
  - *These interfere with the healing cascade*

Skincare (for Facial PRP)

Avoid for 72 hours:

- AHA/BHA acids
- Retinoids (retinol, tretinoin)
- Vitamin C serums
- Exfoliants
- Harsh cleansers
- Makeup brushes/sponges that are not freshly washed

Resume after 3–5 days, depending on sensitivity.

Pain or Swelling Management

Preferred options:

- Acetaminophen (Tylenol) if needed
- Cold compress after 24 hours if swelling persists
- Arnica or bromelain for bruising (optional)

Avoid:

- NSAIDs (ibuprofen, naproxen)
- Ice in the first 24 hours

Activity Restrictions

- Rest the area for 48 hours
- No strenuous exercise or loading for 7–10 days
- Avoid excessive stretching for the first week
- Avoid heavy lifting for 2–3 weeks
- Avoid massage for 72 hours (unless instructed otherwise)

Gradual Return to Exercise

Weeks 1–2: Light mobility, gentle range of motion
Weeks 2–4: Begin light strengthening
Weeks 4–6: Gradual return to normal activity

What Helps Maximize Results

- Hydration
- Protein-rich diet **(1.5g/kg/day)**
- Adequate sleep
- Collagen, Vitamin C
- Avoiding smoking & vaping
- Avoiding NSAIDs
- Follow-up sessions as recommended

WHEN TO SEE YOUR DOCTOR

Seek care immediately if you experience:

- Severe pain not improving after 72 hours
- Rapid swelling
- Fever or chills
- Unusual discharge
- Pain that worsens instead of improves
- Numbness, tingling, or loss of function

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