



## PRF Post-Care

- No straining, heavy lifting, or vigorous exercise, excessive sun or heat exposure, exposure to extreme cold, or drinking alcoholic beverages for 24 hours following treatment.
- Avoid manipulation/massage of the area following treatment. This includes NOT doing facials, peels, microdermabrasion, microneedling, etc. for 14 days after treatment.
- Cold packs may be applied to areas of swelling after injections.
- Wearing makeup is not recommended for the next 24 hours.
- You may follow your normal skincare routine tonight using gentle cleansers and light washing.
- Common side effects after PRF include swelling, bruising, tenderness, lumps, redness, and itching at the injection sites. Ice/cold packs can help improve these.

For questions during our business hours of 8 am - 5 pm, please call:  
(406) 587-4432 ext. 5



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