POST-TREATMENT INFORMATION AND INSTRUCTIONS

Please read the following and keep it for reference for common and uncommon side effects of the treatment and for post-treatment care.

If you experience any significant discomfort or side effect as a result of treatment, you should notify the clinic immediately.

PLATELET RICH PLASMA

Side effects

Common	**Uncommon**	**Rare or very rare**
Redness in treatment area, usually resolves within 24 hours	Itching or allergic reaction to the topical anaesthetic in the treatment area	Permanent discolouration from haemosiderin (breakdown product of haemoglobin in red blood cells)
Swelling of treatment area, usually resolves in 2-3 days. The *extent* of swelling varies from person to person	Tenderness may persist for up to 2 weeks	Further damage to the cornea (eye) from trauma due to numbness after anaesthetic cream
Bruising, usually resolves in 7-10 days. The *extent* of bruising varies from person to person	If you have had cold sores in the lips (or in the treatment area), the treatment may provoke cold sores to develop. Prophylactic medication may be necessary	Abscess or infection has NOT been reported
Topical anaesthetic cream used around the eye may enter the eye and cause temporary irritation.		

Post-Treatment Instructions

Keep the skin clean and dry. Makeup can be applied to the skin the same day.

Massaging of the treatment area may be used to assist in reduction of the lumps for 1-2 days after a treatment.

Bruising can be managed with Arnica cream applied very gently to the skin or simply using makeup. Avoid applying cold packs (including ice) as this will impair platelet function. Antihistamines will not help swelling. Avoid aspirin and anti-inflammatories for 2 days.

Swelling may be managed by keeping upright for the first few days and sleeping on a few pillows. Drink plenty of water but not to excess as this can prolong the swelling.

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