

Post-Care after PRP/ Microneedle Facial

What Can You Observe Right After Your Facial PRP Injection?

Expect the following to occur immediately after a vampire facial:

- Pain on the injection site
- Swelling
- Redness
- Pinpoint bleeding

These are signs that the treatment is working. They may last for a few days but usually resolve on their own.

How Painful Is a Vampire Facial?

PRP injections cause some discomfort that is usually tolerable. However, you may ask your doctor to apply some numbing cream on the treatment site to make the procedure totally painless. Once the pain medication wears off, you may feel tenderness in the area that can persist for a few days. It is usually mild, but you may take some Tylenol if it worsens.

What to Expect During the Facial PRP Injection Recovery Phase?

Here, we discuss the most important aspects of the recovery period following a vampire facial.

What Are the Side Effects of PRP Facial Treatment?

The most common side effects of PRP therapy are injection site pain, swelling, redness and pinpoint bleeding. Vulnerable patients may also see some bruising.

Rare side effects include numbing cream allergy, infection, headache and skin discoloration. PRP is taken from your own blood, so it is unlikely to cause hypersensitivity on its own. Infection is also uncommon, especially with good aftercare, because PRP has antimicrobial properties.

How Long Does It Take to Recover from a Vampire Facial?

The downtime after PRP injection is minimal. Its immediate side effects are tolerable, but avoiding strenuous activities for the first few days minimizes the risk of trauma to the treated area. Additionally, since tissues absorb PRP, briefly limiting your activities and avoiding strong pressure on your face help retain the fluid at the site for as long as possible.

How Do I Take Care of My Face After a Vampire Facial?

For your aftercare regimen, your dermatologist may advise you to do the following:

- Avoid scrubbing or wiping your face vigorously for the first 6 hours.
- Stay away from substances that disrupt platelet activity, the healing process or both. They include the following:
 - Pain relievers called "NSAIDs," blood thinners, steroids, some antidepressants, some antibiotics, antihistamines and other medications
 - Alcohol
 - Smoking
 - Caffeine

- Extremes of temperatures, sauna or ice-cold facials also interfere with inflammation and PRP action, so you must avoid them in the first 24-48 hours after your PRP vampire facial. They can take the following form:
 - Direct contact with ice or heat
 - Activities that warm the skin, such as sauna bathing, vigorous exercise and taking very hot showers
- Protect your skin actively from infection or irritation for a few days. Potential causes include:
 - Scratching, peeling or picking on the treated site
 - Harsh skin treatments, chemical peels or AHA/BHA facial cleansers
 - Swimming pools, which contain chemical irritants and microbes
 - Activities that cause you to sweat, such as exercise
 - Direct contact with dirty surfaces, e. g. phones, eyeglasses, masks, etc. Since you cannot avoid putting most of these items on your face, make sure to clean them before use.
 - Makeup. Hold off on cosmetics for at least 24 hours after your vampire facial or until the inflammation has subsided.
- Use a simple gentle cleanser, hyaluronic acid serum and other prescribed postop treatments as directed by your doctor.
- You may take Tylenol for pain as it does not affect inflammation and skin repair mechanisms.
- Avoid sun exposure, or use sunscreen if you have to go outdoors.
- When sleeping, lie on your back with your head raised to minimize pressure and bruising on your face.

Adherence to the aftercare regimen helps ensure the best cosmetic results.

How Many PRP Facials are Needed to Get the Best Results?

The number and frequency of repeat sessions depend on the severity of your skin condition. However, the initial treatment usually requires 4-6 sessions, spaced usually 4-6 weeks apart. For maintenance, twice-yearly sessions are enough for most patients.

How Quickly Does PRP Work?

The timeline of the effects of PRP treatment varies for every patient and depends on both personal factors and the doctor's expertise. However, most will observe some improvement of skin texture by the 2nd or 3rd week. Full collagen regeneration and, consequently, the maximal effects take place after 3 months. The cosmetic effects may last up to 18-24 months. However, maintenance treatments are always recommended.

PRP injection recovery is fairly quick and problem-free for most people. However, active infection and disorders of the blood, immune system and connective tissues can complicate the process. Do not hesitate to tell your doctor if you are receiving treatment for a medical condition.

Golding Granado Medical Associates
 179 Ave at the Commons, Suite 101
 Shrewsbury, NJ 07702