



THE GROVE SPA

& BOUTIQUE

PRP/PRF Injections Post-Treatment

There are minimal restrictions after your injections allowing you to return to your daily activities almost immediately. It is normal to experience: bruising, redness, itching, soreness, and swelling that may last from 3-10 days following your procedure. There should be no fever or purulent discharge (pus) from the site. If there is, please contact us immediately.

Day of Appointment:

- Do not press, rub, or manipulate the treated area(s) for at least 12 hours after your treatment.
- No sunscreen or makeup for 12 hours.

1-3 Days After:

- No swimming for 24 hours.
- Avoid vigorous exercise, sun, and heat exposure for at least 3 days.
- Avoid alcohol, caffeine, and cigarettes for 3 days.

1-2 Weeks After:

- Avoid alcohol-based toners for 10-14 days.
- Drink plenty of water for 2 weeks (10 cups per day).
- Neurotoxins may be injected immediately before or after treatment, however, no facials, chemical peels or laser treatments for 2 weeks.

Have a question? Call us at 816-834-9100 or email us at clientservices@thegrovespa.com