

PRF/EZ GEL

FOR THE FIRST 24 HOURS - *DOs*

- Expect mild swelling, redness, or tenderness—especially around the eyes or treated areas. This is completely normal and should subside within 2–5 days.
- Apply a cold compress (not ice directly) for short intervals to reduce swelling.
- Keep your head elevated for the first night to help minimize puffiness.
- Stay hydrated and follow a healthy, anti-inflammatory diet to support healing.

FOR THE FIRST 24 HOURS - *DON'Ts*

- Touch, rub, or massage the treated areas.
- Apply makeup or skincare products for at least 6 hours (or until the next morning).
- Engage in strenuous workouts, hot yoga, or saunas for 24–48 hours.
- Take NSAIDs (like ibuprofen or aspirin) unless prescribed—these can interfere with your body's healing response.

IN THE FIRST FEW DAYS - *DOs*

- Use gentle skincare only—no actives (retinoids, acids, or exfoliants) for 5–7 days.
- Wear SPF 30+ daily, even indoors, to protect your healing skin.
- Contact us if you experience any unusual bruising, discomfort, or prolonged swelling.

IN THE FIRST FEW DAYS - *DON'Ts*

- Schedule facials, lasers, or microneedling in the treated areas for at least 2 weeks unless advised by your provider.
- Pick at flaking or peeling skin if it occurs—let your skin heal naturally.

Some immediate plumping may be visible, but the true results build gradually over the next few weeks as collagen and elastin production increase. A series of treatments is typically recommended for optimal, long-lasting results.

Results can improve for up to 3 months and last 6–12 months depending on individual response.

