



Reston Dermatology+  
COSMETIC CENTER

# After Care Instructions

## PRF / PRF EZGel Injections

**Typical Recovery: Mild redness, tenderness, or swelling for 1–3 days. Most patients can return to daily activities immediately after treatment.**

### Aftercare Instructions

#### Immediately After Treatment

- Your treated areas may feel tender, warm, or slightly sore—this is normal.
- Do not touch, rub, or massage the treatment area for the first 24 hours.
- Apply ice or a cold pack wrapped in a cloth for short periods to reduce swelling (avoid direct contact with skin).

#### Medications

- Avoid anti-inflammatory medications (e.g., Advil, Motrin, Aleve, corticosteroids) for the first 24–48 hours after treatment unless specifically directed by your provider.
- Tylenol (acetaminophen) is safe for pain relief if needed.

#### Daily Care

- Use gentle cleansers and moisturizers only. Avoid harsh or exfoliating products for at least 24–48 hours.
- Keep the treated area hydrated and avoid picking or scratching.
- Avoid retinol, acids, or scrubs for 3–5 days unless instructed otherwise.
- Protect your skin from sun exposure with broad-spectrum SPF 30+ daily.

#### Makeup

- Makeup may be applied 24 hours after treatment if the skin is calm and intact. Use gentle, non-comedogenic products.

#### What to Expect

- Mild redness, swelling, or tiny bumps may occur.
- These effects generally resolve within a few hours to a few days, but may last up to 14 days in some patients.
- PRF promotes healing, so minor peeling or dryness may occur temporarily.

**These instructions are general guidelines and do not replace medical advice. Please follow any specific instructions provided by your healthcare provider. If you have any questions or concerns regarding your recent treatment, please call us at (703) 766-2220.**