after *care*



ASTER AESTHETICS

PRFM / PRFM Gel *post-care*

SWELLING IS SUPPOSED TO HAPPEN

Mild swelling, tenderness, bruising, warmth and tightness is normal and expected — it is the healing response, and it is the mechanism this treatment works by. Please do not try to shut it down. No ice, no antihistamines, no anti-inflammatories if you can avoid. PRFM Gel may also feel soft, firm, or uneven beneath the skin at first, and it smooths as the gel integrates and collagen remodels. Because this is made from your own blood with nothing added, an allergic reaction is extremely unlikely.

YOUR RESULTS

Collagen production develops gradually over 4–12 weeks, improving thickness, texture, and elasticity. A series of 2–3 treatments spaced 4–6 weeks apart is recommended for optimal results. With PRFM Gel, some of the fullness you see in the first days is swelling, the last part is the collagen your body builds over the weeks that follow.

FIRST 24 HOURS

- Clean pillowcase before bed on the night of treatment.
- Keep the skin clean, and avoid touching, makeup, and active skincare.
- **Do not apply ice, heat, or firm pressure.** Reducing the swelling works against the response we are trying to induce.
- **Skip antihistamines and anti-inflammatories** — Benadryl, Zyrtec, Claritin, ibuprofen, naproxen — unless you take them for another reason. Tylenol is recomended if mild soreness occurs.
- Avoid exercise, alcohol, sunlight, and excessive heat.
- Sleep slightly elevated, avoid pressure on the treated areas, and do not sleep face-down.

DAYS 2 TO 14

- Swelling may continue for up to 72 hours and should gradually improve after that. Let it run its course.
- Avoid exfoliants, acids, retinoids, and active serums until the skin feels calm.
- Do not massage the treated areas unless we direct you to.
- Avoid facials, lasers, microneedling, and other injectables for two weeks.
- Keep drinking water, and use a daily sunscreen.

REACH OUT WITH ANY CONCERN

Most of what you feel in the first few days is ordinary healing. If something does not feel right to you, call or text us — there is no question too small.

- Swelling that persists after 72 hours instead of improving. Increasing or significant pain, blanching, dusty or mottled discoloration, drainage, a spreading rash, or signs of infection such as excessive warmth, discharge, or fever. Any change in vision or stroke-like symptoms. Seek emergency care and let us know.

Anything that simply worries you, including how your result is coming along. Checking in is never a bother.

ASTER AESTHETICS asteraesthetic.com 971-428-7254