

## AFTERCARE

### PLATELET DERIVED EXOSOMES (ADVANCED PRP)



Exosomes are tiny messengers that help cells communicate and repair themselves. They are much smaller than a human cell, measuring just 30 to 150 nanometers.

These powerful particles carry important materials like DNA, RNA, proteins, and fats, which support cell function and regeneration. Exosomes play a key role in healing by promoting hair and tissue repair, protecting nerve cells, and supporting healthy cell growth and can be harnessed for effective skin rejuvenation and hair restoration.

### HOW SOON WILL I SEE THE RESULTS AND HOW LONG WILL THEY LAST?

The timeline for experiencing results from Platelet Derived Exosome treatment varies from person to person, but many individuals notice initial improvements within a few weeks of their first session. This is due to the stimulation of collagen production and the activation of the body's natural healing processes initiated by the regenerative factors of Exosomes. However, the full extent of the results often becomes more apparent after completing the recommended series of treatments.

The longevity of these results is impressive, typically lasting for several months to over a year, depending on factors such as individual skin health, lifestyle, and adherence to post-treatment care.

To maximize the duration of the benefits, it's advisable to follow the prescribed treatment protocol and any post-treatment guidelines provided by your skincare professional. Platelet Derived Exosome treatment offers a gradual and sustainable transformation, allowing you to enjoy radiant and revitalized skin or enhanced hair density for an extended period.

### POST TREATMENT CARE TIMELINE

THE NEXT FEW HOURS	TODAY	TOMORROW	THE NEXT WEEK	THE NEXT 2 WEEKS
<p><b>X</b> Do not touch the injected area for <b>a few hours</b>.</p>				
<p><b>X</b> Avoid wearing makeup for <b>24 hours</b> - although mineral based makeup can be used after 6 hours if absolutely necessary.</p>				
<p><b>X</b> Avoid alcohol &amp; exercise for <b>24 hours</b>.</p>				
<p><b>X</b> Avoid sun bathing, sauna, steam room, sunbeds and extreme cold weather <b>until all swelling has gone</b>.</p>				
<p><b>X</b> Avoid facials, dermaplaning, peels, laser treatments and other facial treatments for at least the next <b>2 weeks</b>.</p>				
<p><b>✓</b> Use a good SPF of 30 or higher every day for the next <b>2 weeks</b> or longer and maintain your regular skin care routine with a mild cleanser and moisturiser daily.</p>				



### WHEN TO SEEK URGENT REVIEW

**Severe Pain or Swelling:** If you experience intense pain, excessive swelling, or persistent redness that worsens instead of improving.

**Signs of Infection:** Symptoms such as fever, chills, warmth, or pus at the injection site could indicate an infection and require immediate attention.

**Unusual Lumps or Discoloration:** If you notice hard, painful lumps or skin discoloration (such as white or bluish patches), seek medical advice promptly, as this may indicate a rare vascular issue.

If you experience any of these symptoms, contact your practitioner or seek medical help immediately.

If you have any questions or need any advice, then please do get in touch.