Grace WELLNESS & AESTHETICS

BEFORE & AFTER CARE

PDGF-BB

Platelet-derived growth factor injections

After your appointment

- **2 hours:** don't wash your face (or your hair, if your scalp was treated).
- **Until the next day:** no makeup.
- **48 hours:** avoid vitamin E, aspirin and ibuprofen, and blood thinners such as ginkgo biloba and garlic.
- **1–2 days:** avoid alcohol and high-sodium foods.
- Avoid sun, heat and extreme temperatures.

Help with swelling and bruising

- Apply heat as soon as possible, with hot compresses or red light therapy, until bruising fades.
- Take a non-drowsy antihistamine (Zyrtec, Allegra or Claritin) daily for swelling.
- Arnica, bromelain and fresh pineapple can help.
- To cover a bruise, try a color-correcting concealer such as the Colorescience Corrector Palette.
- If redness remains after 1–2 weeks, IPL or a light chemical peel may help.
- If previous filler looks like it needs adjusting after 2 weeks, call us about a reset with an enzyme.

What to expect

Days 1–2	Days 3–5	Days 6–14	Weeks 6–8	8 weeks +
Minimal tenderness and swelling; bruising possible	Active healing: mild to moderate swelling, lumpiness, redness, tenderness	Settling: swelling subsides; improvement may be visible	Peak results: brighter skin, smoother wrinkles, refined pores	Results last months to years; retreat when collagen loss returns

What's normal

- Swelling, which can last up to a month.
- Bruising, which can last several weeks.
- Pinkness or redness in the area, which can last several weeks.
- Unevenness. A second treatment may be needed.
- After hair restoration, a temporary increase in shedding.

Your next visit

- Multiple sessions may be needed for the best result. Don't wait too long between treatments: we'll review progress photos together to check how long your results are lasting.

Call or text us right away if you notice

- Color changes in the skin other than normal bruising (not normal, but treatable)
- Changes in temperature or sensation in the nerves
- Bumps that appear a few weeks after treatment (not normal, but treatable)