



PDGF Injection Treatment Post-Care Instructions:

To ensure the best healing and optimal results, please follow these post-care guidelines carefully.

Immediately After Treatment

- **Mild swelling, redness, or pinpoint bruising** at the injection sites is normal and usually resolves within a few days.
- Do not touch, rub, or massage the treated area for at least **4 hours**.
- Avoid applying makeup, sunscreen, or skincare products until the next morning unless directed by your provider.

First 24 Hours

- Avoid strenuous exercise, heat exposure (saunas, hot yoga, hot tubs), or alcohol — all of which may increase bruising and swelling.
- Use a **cool compress** (not ice directly on skin) for 10–15 minutes at a time to reduce swelling, if needed.
- Keep the area clean; use only gentle cleansers and tepid water.

First 48–72 Hours

- Avoid blood-thinning medications and supplements (unless prescribed by your physician).
- Sleep on your back with your head slightly elevated if injections were in the face.
- Avoid facials, chemical peels, laser treatments, or microneedling in the treated area.

First Week

- Bruising may occur and can be covered with makeup after 24 hours.
- Continue to avoid retinoids, exfoliating acids, or harsh skincare in the area.
- Stay well hydrated and maintain a nutrient-rich diet to support healing.

When to Contact Us

Call Novagen immediately if you experience:

- Severe pain or increasing redness/swelling at the injection site
- Blistering, drainage, or signs of infection
- Any sudden vision changes (if treatment was performed near the eyes)