



PROCEDURE INSTRUCTIONS

Platelet-Rich Fibrin (PRF)

BEFORE

- Avoid alcohol, caffeine, and cigarettes 3 days before your treatment. Smokers do not heal well, problems occur earlier, and results may take longer.
- Avoid Aspirin, Motrin, Ibuprofen, Aleve (all non-steroidal anti-inflammatory agents), Gingko, Biloba, Garlic, Flax oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week prior to and after your treatment.
- Inform your provider if you are taking any anticoagulants such as Warfarin, Eliquis, Plavix
- Hydrate!! Drink plenty of water.
- Do not apply skin moisturizers or make up the day of your procedure. If we are treating your hair, no product in hair.

AFTER

- Stay hydrated and do not touch, press, rub, or manipulate treated areas for at least 8 hours.
- Ice may be applied for 10 min on and 10 min off after the procedure for swelling/bruising in injected areas.
- No sunscreen OR makeup for 6 hours following treatment, preferably 12 hours.
- Wash the face MINIMALLY 6 hours after treatment. Use a gentle cleanser, such as Cetaphil.

- Gently massage the face with tepid water
- 12-72 hours post-treatment minimal makeup can be applied, but continue to use a gentle cleanser, hyaluronic acid serum, and physical sunblock with an SPF of 25+. If a more aggressive treatment was performed, use a more occlusive balm such as Aquaphor.
- For Scalp applications, use gentle shampoo and conditioner the first couple of days and avoid any harsh styling products.

WHAT TO EXPECT

It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following your treatment. If you experience any pain or discomfort, you may take Tylenol or other Acetaminophen-containing products as directed. A bruise can develop at the blood draw site. Results of treatments are patient specific and optimal outcome may not be achieved right away, but after a few sessions.

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