



PRF INJECTIONS PRE- AND POST CARE

Pre-Treatment Instructions: *The week before*

1. Avoid the following for at least 1 week prior to treatment:
 - Retin A/Tretinoin or retinol containing products
 - NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)—Tylenol is allowed
 - Certain nutritional supplements (Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients)
 - Systemic Steroids (prednisone, dexamethasone)
 - Alcohol and Cigarettes
2. Hydrate well the day before and the day of the procedure for ease of blood draw.

On the Treatment Day:

1. Blood is drawn and PRF is processed.
2. Topical anesthetic is applied to the treatment area for 20-30 minutes if needed.
3. Filler may be injected into the areas of concern first which can be followed by the PRF.
4. If we are only using PRF, it will be injected into the areas of concern at this time.
5. There may be redness, swelling and bruising after the procedure.

Post-Treatment Instructions:

1. Expect mild inflammation, swelling and redness. There may be bruising in certain areas.
2. Apply Arnica gel or cream twice a day for 3 days then daily for 1 week.
3. Avoid manipulating or pressing on the treated area for 48 hours (including having other facial treatments done). If you are concerned with any lumps felt, please call the office for a follow up appointment within 48 hours.
4. Try to sleep on an incline and not on your belly.
5. Avoid any massages where you are pushing your face into a massage table.
6. Avoid the following for at least 1 week:
 - Retin A/Tretinoin or retinol containing products
 - NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)—Tylenol is allowed for pain relief
 - Certain nutritional supplements (Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients)
 - Systemic Steroids (prednisone, dexamethasone)
 - Alcohol and cigarettes