

PRF (Platelet-rich Fibrin) Pre & Post Treatment Instructions

Pre-Treatment Instructions: (one week before)

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

Post-Treatment Instructions:

- Expect mild inflammation, redness, and swelling. There may be bruising in certain areas.
- 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.
- Try to sleep on an incline and not on your stomach.
- Avoid any massages in which you are lying face down.