



Dr. Rachel Dunn-Black, M.D.

Siskiyou Clarity Medical Spa
Medical Aesthetics
rdbmd@claritymedicalspa.net

Pre-Treatment Instructions for Platelet-Rich Fibrin Gel (PRF)

To make the most out of your upcoming PRF treatment, please follow our pre-treatment instructions.

We cannot treat if: pregnant, nursing, diagnosis of any hematological disorder, recent (within 2 weeks) or active infection, or during an autoimmune condition flare up. Please get clearance from your physician if you have a history of autoimmune disorders. Do NOT stop taking any prescribed anticoagulants for this procedure unless cleared by your prescribing practitioner.

Please Avoid and Call Us If:

- Facial surgeries/trauma within the last 8 weeks.
- Active cold sore if treating the lip area. We can prescribe you an antiviral medication.
- Any use of Aspirin within the last two weeks. No NSAID's (ibuprofen, Aleve, etc.) for one week prior to your procedure. Do NOT stop taking any prescribed anticoagulants for this procedure unless cleared by your prescribing practitioner.
- Significant event (i.e. wedding, photo shoot) within two weeks after treatment as it can take up to 2 weeks for any bruising and swelling to subside.

Pre-Treatment Instructions:

- Hydrate, hydrate, hydrate! Drink at least 64 oz of water the day prior and the day of your treatment and eat a good snack before coming to prepare for the blood draw.
- Take 2000 mg of Vitamin C daily before your treatment. The earlier you start, the better!
- Avoid Omega 3s, Turmeric, Ibuprofen, Vitamin E, Ginkgo Biloba, Garlic Supplements for 7 days prior.
- To lessen your chance of irritation & redness, pause the use of Retinol & exfoliating acids 3 days before your treatment & for 3 days after.
- You may start taking Arnica tablets – 5 pellets, 3 times a day starting 2 days before, and continuing the day of and for 2 days after the procedure to decrease the risk of bruising. Also eating pineapple or take a Bromelain supplement before and after your procedure can help limit bruising.

Treatment Expectations:

- DON'T worry, the swelling will come down.
- The treated area may look asymmetrical or uneven (especially in the tear troughs or lips) for up to 10 days following the procedure, this is normal
- The treated area may feel firm when touched, this is normal
You will most likely be bruised and/or swollen following this procedure
- Usually, best results are seen with a series of 3-4 treatments, depending on each patient's skin quality and goals.

PRF does not require "touch up" treatments as it is your own body's natural collagen process that is working over the course of several weeks to months after treatment. If you would like the areas assessed or desire additional treatments this would be best discussed with your provider in person. We recommend in general that you wait at least 4 weeks after each PRF treatment for assessment and any additional treatments.

Clarity Medical Spa

106 Ranch Lane Ste. B Yreka, CA 96097
(530) 842-3261 | www.claritymedicalspa.net