

PLATELET RICH FIBRIN (PRF) - ESTHETICS

PRE-TREATMENT INSTRUCTIONS (week before)

A few simple guidelines before your treatment can make a difference

If you develop a **fever, cold / flu**, or **develop a cold sore**, blemish, or rash, etc. **in the area to be treated** prior to your appointment, you must reschedule (*we will not treat you*).

It is recommended, if you have a **special event or vacation coming up** that you schedule your treatment at least 2 weeks in advance (we prefer 3-4).

If you are being treated **in the lip area** and have a **history of Herpes (cold sores)** with outbreaks more than 4 times a year some practitioners recommended that you are pretreated with medication. This clinic recommends an antiviral the day before or the morning of the treatment and then another dose 12 hours after the first dose. ****Please let us know that you need a prescription if you do not have this medication on hand. ****

Avoid the following for at least 1 week prior to treatment:

1. Retin A/Tretinoin or retinol containing products
2. NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)—Tylenol is allowed
3. Certain nutritional supplements (Gingko, Garlic, Vit. E, Vit. A, Flax Oil, Curcumin and other anti-inflammatory nutrients)
4. Systemic Steroids (prednisone, dexamethasone)
5. Alcohol and Cigarettes (at least 3 days before)

Hydrate well the day before and the day of the procedure for ease of blood draw.

ON 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. A combination of Filler may be mixed with PRF/EZ Gel.
4. If we are only using PRF/EZ Gel, 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

Please carefully read and follow these Instructions after your PRF/EZ Gel treatment.

There are minimal restrictions after this treatment allowing you to return to your daily activities almost immediately

1. Expect mild inflammation, swelling and redness. There may be bruising in certain areas.
2. Apply Arnica gel / cream / tabs as needed.
3. Avoid manipulating or pressing on the treated area for 48 hours (including having other facial treatments done) unless instructed otherwise by your practitioner. If you are concerned with any lumps felt, you can gently massage it.
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

Please call our clinic should you have any questions or concerns regarding your treatment or aftercare (705-522-2252)