



AMAZING SKIN AESTHETICS

6819 Warner Avenue  
Huntington Beach, CA 92647  
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## Everything You Need to Know About PRF for Skin Rejuvenation

**Platelet-Rich Fibrin (PRF)**—a natural, regenerative treatment designed to restore your skin's youthful glow! PRF is an advanced bio-stimulating therapy that uses your body's own platelets, fibrin, and growth factors to enhance collagen production, improve skin texture, and promote long-term skin rejuvenation.

### What Is PRF & Its Benefits?

PRF is a 100% natural treatment derived from your own blood, making it free of additives or chemicals. It releases growth factors gradually, leading to longer-lasting and more effective results compared to PRP (Platelet-Rich Plasma).

#### ✨ Benefits of PRF for Skin:

- ✓ Stimulates **collagen production** for firmer, smoother skin
- ✓ Improves **fine lines, wrinkles, and skin laxity**
- ✓ Enhances **under-eye rejuvenation**, reducing hollowness and dark circles
- ✓ Restores **volume loss naturally**
- ✓ Promotes **skin healing and regeneration** after microneedling or laser treatments

### Pre-Treatment Instructions

To ensure the best results, please follow these steps before your PRF session:

- ✓ **Stay hydrated** – Drink plenty of water 24-48 hours before treatment.
- ✓ **Eat a healthy meal** – Avoid coming on an empty stomach.
- ✓ **Avoid alcohol, caffeine, and blood thinners** (such as aspirin, ibuprofen, and fish oil) for 48 hours before treatment.
  
- ✓ **Skip retinoids and harsh skincare** for at least 3 days before your session.
- ✓ **Arrive with clean skin** – No makeup, lotions, or sunscreen on the treatment area.



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### **What to Expect During Your PRF Treatment**

1. **Blood Draw** – A small sample of your blood is taken, similar to a routine blood test.
2. **PRF Processing** – Your blood is spun in a specialized centrifuge to extract the platelet-rich fibrin.
3. **Application** – PRF is injected or applied topically (often combined with microneedling) to stimulate collagen production and skin repair.

### **Aftercare & What to Expect Post-Treatment**

- ◆ **Mild swelling, redness, and slight bruising** are normal and should resolve within a few days.
- ◆ **Avoid touching, rubbing, or applying makeup** on the treated area for 24 hours.
- ◆ **Stay hydrated and avoid alcohol/caffeine** for the next 24-48 hours to optimize healing. ◆ **Use gentle skincare** and avoid retinol, exfoliants, or harsh treatments for at least 5-7 days.
- ◆ **Protect your skin with SPF 30+ sunscreen daily** to enhance and maintain results.

### **When to Follow Up**

Your **best results appear gradually** over 4-6 weeks as collagen builds. For optimal skin rejuvenation, we recommend:

- ✓ **3-4 sessions spaced 4-6 weeks apart** for full benefits.
- ✓ **Maintenance treatments every 6-12 months** for lasting results.

If you have any questions or would like to book your next session, feel free to reach out. We look forward to helping you achieve radiant, youthful skin with PRF!

*\* Please contact our office at (714)848-2232 if you have severe swelling or abnormal pain or change in skin color.*