

NATURALLY BEAUTIFUL AESTHETICS



PRF Injection Pre & Post Care Instructions

Pre Care Instructions:

2 Weeks Before Treatment

Avoid aggressive skin treatments in the treatment area, including:

- * Laser treatments
- * Chemical peels
- * Deep exfoliating facials
- * Microneedling.

* Avoid excessive sun exposure or tanning.

No injectable treatments in the area (unless cleared by your provider).

If you have a history of cold sores, inform your provider as antiviral medication may be recommended.

5–7 Days Before Treatment

- Avoid waxing, threading, or depilatory creams in the treatment area.
- Limit sun exposure and avoid tanning beds.

Discontinue use of irritating skincare products such as:

- Retinoids / Tretinoin / Retin-A
- Exfoliating scrubs
- Glycolic acid
- Salicylic acid
- Benzoyl peroxide

Keep the treatment area healthy and free of irritation.

3 Days Before Treatment

Avoid blood-thinning medications and supplements (unless prescribed or approved by your provider):

- Aspirin
- Ibuprofen
- Naproxen
- Fish oil / Omega-3
- Vitamin E
- Ginkgo biloba
- Garlic supplements

Avoid alcohol to help reduce the risk of bruising and swelling.

24–48 Hours Before Treatment

- Stay well hydrated to support the blood draw process required for PRF preparation.
- Avoid excessive heat exposure such as saunas, hot tubs, or steam rooms.
- Keep the treatment area clean and free of irritation.

The Day of Your Appointment

- Arrive with clean skin (Only sunscreen is allowed).
- Eat a normal meal and drink water prior to your appointment to help prevent dizziness during the blood draw.
- You may take Tylenol (acetaminophen) if needed for discomfort. Avoid NSAIDs such as ibuprofen or aspirin.

Inform your provider if you have:

- Active acne breakouts
- Cold sores or herpes outbreaks
- Open wounds, rashes, or skin infections
- Recent cosmetic procedures
- Any medical condition that may affect healing
- Pregnancy or breastfeeding

When to Reschedule

Please contact us prior to your appointment if you have:

- Sunburn in the treatment area
- Active breakout or irritation

- Skin infection
- Fever, illness, or cold/flu symptoms

Pro Tip for Best Results

Stay well hydrated in the **24 hours before your appointment**, as proper hydration can improve the quality of the blood sample used to prepare your PRF.

Avoid alcohol and blood-thinning supplements prior to treatment to help **reduce bruising and swelling**.

Post Care Instructions:

Immediately After Treatment

It is normal to experience temporary effects such as:

- Redness
- Swelling
- Tenderness
- Bruising at the injection sites
- Small bumps or firmness in the treated areas

These reactions are **temporary and typically resolve within a few days**.

Avoid touching, rubbing, or massaging the treated area unless instructed by your provider.

If swelling occurs, you may apply a **cool compress gently** to the area.

First 24 Hours After Treatment

Avoid:

- Strenuous exercise
- Alcohol consumption
- Saunas, steam rooms, or hot tubs
- Excessive heat exposure

Avoid applying **makeup for at least 12–24 hours** if the face was treated.

Do not massage or apply pressure to the treated areas.

Sleep with your **head slightly elevated** if facial areas were treated to help minimize swelling.

24–48 Hours After Treatment

Avoid anti-inflammatory medications unless medically necessary. These include:

- Ibuprofen
- Aspirin
- Naproxen

These medications may interfere with the natural healing process stimulated by PRF.

Avoid excessive sun exposure and protect the skin with **broad-spectrum sunscreen**.

Continue to stay **well hydrated** to support healing.

3–5 Days After Treatment

Bruising or mild swelling may still be present and should gradually improve.

To help minimize bruising:

Arnica gel or Arnica supplements may be used if recommended by your provider.

Avoid aggressive facial treatments such as:

- Facials
- Chemical peels
- Microneedling
- Laser treatments

Allow the skin to recover fully before resuming these treatments.

7 Days After Treatment

Most swelling and bruising should be resolved.

You may gradually return to your **normal skincare routine and aesthetic treatments**, unless otherwise instructed by your provider.

Results from PRF develop gradually as collagen production increases over time.

When to Contact the Office

Please contact Naturally Beautiful Aesthetics if you experience:

- Severe or worsening pain
- Excessive swelling
- Signs of infection (increasing redness, warmth, or drainage)
- Fever or unusual symptoms
- Any concerns regarding your treatment

Pro Tip for Best Results

PRF works by stimulating your body's natural healing process.

For optimal results:

- Stay hydrated
- Follow a healthy skincare routine
- Protect your skin from sun exposure
- Attend recommended follow-up treatments if advised by your provider
- Results typically improve over **several weeks as collagen production increases.**
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