



Good Genetics  
Aesthetics  
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# Platelet-Rich Fibrin - PRF **AFTERCARE**

The following aftercare advice is essential to help reduce the risk of treatment complications, improve your comfort and healing, and achieve the best possible results from your PRF (Platelet-Rich Fibrin) treatment. Please follow these guidelines carefully:

## **Immediate Aftercare**

- The treated area **may feel slightly tender and appear red and swollen**, similar to mild sunburn. These effects should **resolve naturally within 48 hours** but may take longer. Minor bruising may take 1-2 weeks to resolve.
- **Use a mild cleanser** with tepid water to clean your face **for 3 days after treatment**. Gently dry the treated area and keep your hands clean when touching your face.
- **Apply moisturizing cream two to three times a day** on the treated area. Use more frequently if the skin feels dry or starts peeling.
- Use a **cold compress** to help reduce swelling, if you feel like it's needed. **Arnica cream** can also assist in resolving bruising. **Paracetamol** can also be taken for any mild discomfort.
- **Wear SPF 30 or greater sunscreen for at least 2 weeks following treatment**, as your skin will be more sensitive to sunlight.
- You may experience localized tenderness, swelling, or bruising where your blood sample was taken. Bruising here may also take up to 2 weeks to resolve.

**IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE AFTERCARE PROCESS, BE SURE TO ASK YOUR PRACTITIONER FOR MORE GUIDANCE.**

### What NOT to do:

- Avoid further cosmetic treatments, such as **Botox or dermal filler, for 2 weeks** after PRF treatment. Consult your practitioner for advice.
- Avoid hair removal treatments in the area, such as **waxing, for 2 weeks** after treatment or until initial redness and swelling have resolved.
- Avoid **perfumes, fake tan, or other harsh chemicals for 72 hours** after treatment.
- Avoid **makeup for 24 hours** after treatment to reduce the risk of infection.
- Avoid **rubbing or picking** the treated area.
- Avoid **skin exfoliation for 72 hours** following treatment.
- Avoid products containing **alpha hydroxy acids, retinol, and glycolic acid** for at least 7 days after treatment.
- Avoid strenuous **exercise, saunas, sunbeds, and exposure to heat for 72 hours** after treatment. Sweating can irritate the delicate skin and slow down healing.
- Avoid **swimming for 72 hours** after treatment.
- Avoid **excessive alcohol or caffeine for 48 hours** after treatment.

### Medical Attention

- Contact your practitioner immediately if you experience any signs of infection, such as hot, red, shiny skin, pus formation, fever, or feeling generally unwell.
- Seek emergency medical attention if you experience severe allergy symptoms, including rash, facial swelling, or difficulty breathing.
- Contact your practitioner as soon as possible if you notice any other unwanted side effects.