



Dr. Rachel Dunn-Black, M.D.

Siskiyou Clarity Medical Spa

Medical Aesthetics

rdbmd@claritymedicalspa.net

POST-TREATMENT INSTRUCTIONS

for Platelet-Rich Fibrin Gel (PRF)

1. Expect mild inflammation, redness, swelling for a few days.
2. Eat healthy and hydrate very well (at least 64 ounces of water daily).
3. 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 reduction
 - Certain nutritional supplements (Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients)
 - Systemic Steroids (prednisone, dexamethasone)

For the Fractional Laser with PRF:

- Maximize Results: For a minimum of 5 hours after the PRF has been applied to your skin, do NOT: Wash your skin, expose the treated area to direct high heat, or engage in activities that will get the skin wet or cause you to sweat (blow dryer, sun exposure, sauna, steam room, Jacuzzi, very hot shower, hot yoga, strenuous exercise, etc.)
- For best results and efficacy: We recommend a series of 3-6 treatments administered at 2-4-week intervals. You may notice immediate as well as longer term improvements in your skin.

For PRF Face:

- Do not wash your face or apply makeup for 12 hours after your treatment.
- FOLLOW UP APPOINTMENT: Most patients see improvement within 2-4 weeks with continued improvement for up to 12 weeks. If the desired level of correction has not been reached within 4-12 weeks, then we recommend repeating the procedure at 4-12-week intervals until you achieve the result you desire.
- MAINTENANCE TREATMENTS: The results of this treatment can last up to 2 years, but results vary and research documenting the longevity of results is ongoing. Maintenance treatments are recommended every 6-12 months.
- Bruising may last several weeks. You may apply arnica gel or cream to the area to help. You can continue to take Arnica, 5 pellets 3 times a day until bruising clears.
- Avoid the sun & use a physical sun block daily to prevent permanent discoloration.
- Avoid manipulating or pressing on the treated areas) for 48 hours (including having other treatments done). If you are concerned with any lumps felt, please call the office for a follow up appointment
- Try to sleep on an incline and on your back
- Avoid any massages to the areas treated for 48 hours

For PRF Scalp:

- Do not wet your hair for at least 3 hours after your treatment.
- For the first 3 days, use shampoo that is pH balanced and a good treatment for hair loss. Do not use any hair products for at least 6 hours after your treatment
- AVOID saunas, steam rooms, swimming for 2 days after your treatment
- AVOID vigorous exercise, sun and heat exposure for at least 2 days after your treatment.
- AVOID alcohol, caffeine, and cigarettes for 3 days after treatment. Smokers do not heal well, and problems recur earlier, and some results may take longer
- AVOID resuming Minoxidil (Formula 82M, Rogaine®) or hair coloring or straightening for 3 days. Continue increased water intake the first week after your treatment.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT CLARITY MEDICAL SPA IMMEDIATELY

You should immediately notify Clarity Medical Spa if you have any questions or concerns or see any signs of problems (severe or extended: pain, redness, swelling, bruising, lumpiness, sign of infection).

Clarity Medical Spa

106 Ranch Lane Suite B Yreka, CA 96097

(530) 842-3261 | www.claritymedicalspa.net