

What are PRF injections and how do they work?

Platelet-rich fibrin (PRF) is an autologous blood concentrate that uses your own blood to help rejuvenate your skin. PRF contains autologous growth factors that stimulate and enhance the healing response. PRF has a high concentration of platelets, fibrin, and white blood cells. PRF also contains a small amount of stem cells. Each component of PRF plays a role in reversing the aging process. Platelets encourage the release of growth factors responsible for creating new skin cells, collagen, and blood vessels. A great benefit of PRF is that it employs your body's own cells in a way to promote the health of your skin. PRF can help with fine lines, unwanted textures, skin laxity, and overall skin rejuvenation and hair loss. We recommend an initial series of 3 sets of injections spaced 1 month apart for best results.

What to expect at your PRF injections appointment

At your treatment visit, please make sure you are well hydrated. We will draw 1-2 vials of blood which is then placed inside a centrifuge. After spinning, the PRF becomes separated from the other blood components and is withdrawn from the top of the vial (this is the component that will be injected into the treatment area). While the blood spins, you sit with numbing medication to limit discomfort. PRF is injected using a blunt-tipped cannula or needle, depending on treatment area, as soon as spinning of the blood is complete. The PRF injections take about 60 mins for the entire process.

Who cannot receive PRF injections?

You cannot receive PRF injections if you have any rashes, wounds or broken skin in the injection area or if you are allergic to any of the treatment components.

Pre-Treatment Instructions:

- Avoid any non-steroidal anti-inflammatory drugs (NSAIDs) for two to four weeks before your treatment. NSAIDs include Aspirin, Ibuprofen (Motrin), naproxen (Aleve), or Excedrin. If you are taking any of these medications under the care of a healthcare provider, do NOT stop taking without consulting your treating provider. These medications can potentially interact with the PRF platelet coagulation process, rendering the treatment less effective. Note, Tylenol is not a blood thinner and is okay to take before treatment.

- On the day of your appointment, be sure to come hydrated! Hydration is key to obtaining enough quality PRF during your treatment and getting better results. You should drink at least 64 oz of water throughout the day before your appointment.
- Avoid consuming alcoholic beverages for at least seven days prior to your treatment.
- Avoid Omega 3s, fish oil, ibuprofen, vitamin E, garlic supplements for two to four weeks prior to your treatment. If you are taking any of these supplements under the care of a healthcare provider, do NOT stop taking without consulting your treating provider
- Hold off on using any topical retinol and/or exfoliating acid products three days before your treatment and three days after to avoid any potential excess skin redness or irritation.

#### Post Treatment Instructions:

- You may experience some mild bruising post treatment, this is normal. If you experience an excessive amount of bruising, or are concerned about bruising, please reach out to your treating provider or the medical director.
- For under eye treatments, it is normal to experience some swelling. You may also experience some under-eye fullness for three to five days after injection, along with a yellowish discoloration to the skin until the PRF fully dissipates.
- For any post treatment discomfort, you can use a cold compress to the area or take over the counter (OTC) acetaminophen (Tylenol). Please avoid any NSAIDs for at least one week following treatment.
- Avoid lotions, skincare and makeup to the treated area for 24 hours post treatment.
- Avoid vigorous exercise, sun, and heat exposure for 5 days post treatment.
- Minimize alcohol, caffeine and cigarette use for 2 days post treatment.
- You will begin to see the results of your treatment become noticeable around the one to two month mark, as the structures and collagen under the eye continue to build.