



PLATELET RICH FIBRIN (PRF)

PRE + POST CARE

PRE-TREATMENT CARE:

- If you develop a fever, cold, or flu symptoms, or develop a cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, you must reschedule (we will not treat you).
- It is recommended, if you have a special event or vacation coming up that you schedule your treatment at least 2 weeks in advance (we prefer 3-4).
- If you are being treated in the lip area and have a history of herpes (cold sores) with outbreaks more than 4 times a year some practitioners recommended that you are pretreated with medication. **Please let us know that you need a prescription if you do not have this medication on hand. **
- Discontinue use of anti-inflammatory drugs (steroidal and non-steroidal) such as Aspirin, Motrin (or any other Ibuprofen drugs) at least 3 days to 1 week before your treatment. With PRF, we "want" inflammation this is one of the mechanisms of how PRF does its work.
- If you are or have been on systemic use of corticosteroids (steroids) within 2 weeks of treatment, we cannot treat you. Consult your physician for approval to discontinue the use of steroids and receive treatment.
- Discontinue use of any other blood thinning agents such as Vitamin E, Vitamin A, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Essential Fatty Acids (EFA's and DHA's), etc. at least 3 days to 1 week before and after treatment to minimize bruising and bleeding.
- It is recommended that you avoid: Alcohol, caffeine, Niacin supplement, spicy foods, and cigarettes 3 days before and after your treatment. (All of these may increase the risk of bruising).

POST-TREATMENT CARE:

- There are minimal restrictions after your PRF injections allowing you to return to your daily activities almost immediately.
- Do not touch, press, rub, or manipulate the treated area (s) for at least 8 hours after your treatment.
- Avoid blood thinners and NSAIDs for 2 weeks following your treatment to minimize the risk of bruising.



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CONT.

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POST-TREATMENT CARE:

- If you experience discomfort or pain, you may take acetaminophen/Tylenol as directed. You may apply ice to the injected area for 20-30 minutes after the procedure for comfort.
- Do not wash or take a shower for at least 6 hours after your treatment.
- Do not use any lotions, creams, or make-up for at least 6 hours after your treatment.
- Avoid vigorous exercise and sun and heat exposure for at least 3 days after your treatment.
- It is normal to experience bruising, redness, itching, soreness, and swelling that may last 3-14 days following your procedure.
- Please call our office should you have any questions or concerns regarding your PRF treatment or aftercare instructions.