



## PRF Pre-Care

- If you have a special event or vacation coming up, please keep in mind that you should schedule your treatment at least 2 weeks in advance.
- This treatment requires us to draw your blood. Avoid alcohol and stay hydrated 24-48 hours before your treatment.
- It is recommended to discontinue aspirin, ibuprofen (Motrin, Advil), naproxen (Aleve), platelet inhibitors, anticoagulants, fish oil, vitamin E, vitamin A, ginkgo biloba, ginseng, garlic, kava kava, celery root and any other herbal or homeopathic remedies that may contribute to bleeding risk at least 1 week prior to PRP / PRF injections. Please consult with your primary care provider prior to discontinuing any of these medications.
- Avoid alcohol, niacin supplements, and cigarettes 24-48 hours before and after your treatment, as these may contribute to increased swelling, bruising, and irritation. Limit caffeine intake.
- We recommend discontinuing products containing retinols (Retin-A) 3 days prior to treatments to avoid increased redness and irritation.
- We recommend waiting at least 2 weeks before and after your PRP / PRF appointment to have any other cosmetic facial treatments, including laser, ultrasound, peel, facials, micro needling, microdermabrasion, etc.
- Please come to your appointment with NO makeup if possible.