
Pre-Treatment Instructions for PRF Facial 7 days prior

- Drink plenty of water 3 days prior to treatment
- Avoid chemical peels, waxing, electrolysis, Laser treatments, or threading
- Discontinue blood thinning agents such as vitamin E, vitamin A, C, D, Ginkgo, Garlic, Flax, Cod Liver Oil, Fish Oil and Essential Fatty Acids, and multivitamins, a minimum of 5-7 days (preferably 14 days) prior to treatment. It is fine to continue iron and vitamin D.
- If you are taking any blood thinners, please let your provider know immediately, due to high risk of bruising. These medications include Plavix, Coumadin and Heparin, aspirin.
- Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for 5 days.
- You may use Tylenol (acetaminophen) as needed prior to the treatment.
- Prescription medications (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of and the day after your treatments.
- Avoid excessive sun or heat exposure and wear a broad-spectrum sunscreen daily of SPF 30 or higher.
- Consider taking arnica tablets one week before procedure.

Post Treatment for PRF Facial

- You may expect a certain degree of discomfort, redness, and/or irritation during and after treatment.
- You will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. This typically diminishes within the same day or within 24 hours.
- If you experience any pain or discomfort you may take Tylenol or other Acetaminophen-containing products as directed. Cold compresses can be applied to reduce swelling if necessary.
- Light scabs may form in the treated area and remain for 24 to 48 hours.
- Do not pick or scratch treated skin but instead keep it moisturized.
- Avoid vigorous exercise, sun and heat exposure for at least 24 hours following your treatment.
- Continue to avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days after your procedure (if possible try for 7 days).
- Use a gentle cleanser (Our Antioxidant Green Tea Cleanser) and tepid water to cleanse the face for the following 72 hours.
- Use a gentle moisturizer as needed. To improve results, use our Hyaluronic Acid serum and Retinal
- Avoid excessive sun exposure, including tanning booths, and wear a broad-spectrum sunscreen daily of SPF 30 or higher.
- Avoid warm environments (i.e., hot tubs, jacuzzis, steam rooms, hot yoga, saunas, etc.) for 3 days post treatment.
- By day two or three, your skin may feel a bit dry. This is normal and will resolve on its own.
- Avoid applying makeup for 24 hours post treatment.