Grace WELLNESS & AESTHETICS

PRF

Platelet-rich fibrin · under-eye rejuvenation

Before your appointment

- Come to your appointment with a clean face and no makeup.
- Schedule at least 2 weeks before a special event or vacation, since bruising and swelling are possible.
- **2 weeks before:** no prescription oral steroids (prednisone, Medrol dose pack).
- **3 days before:** stop anti-inflammatories (aspirin, Motrin, Advil, Aleve, ibuprofen). PRF works through inflammation, which drives collagen production.
- **3 days before:** stop blood-thinning medications and supplements such as vitamin E, vitamin A, ginkgo biloba, garlic, flaxseed oil, cod liver oil, fish oil and DHA.
- **3 days before and after:** avoid alcohol, niacin supplements and cigarettes. Limit caffeine to one serving on treatment day and for 3 days after.
- **24 hours before:** eat a clean diet with no red meat or excessive fat.
- Drink at least 64 oz of water the day before and the day of your treatment.
- If you can, do a 30-minute cardio workout before your appointment. It can raise your platelet count.

After your appointment

- **6 hours:** no lotions, creams or makeup.
- **8 hours:** don't touch, press, rub or manipulate the treated areas.
- **3 days:** avoid vigorous exercise, sun, heat, alcohol and excess caffeine.
- **3 days:** use Tylenol (acetaminophen) for discomfort. Avoid ibuprofen, aspirin, Motrin, Advil and Aleve.
- Avoid ice and antihistamines unless necessary.
- Drink at least 64 oz of water the day of treatment and for a few days after.
- If your scalp was treated, wait to shower until the next day and wash gently the first time.

What's normal

- Bruising, redness, itching, soreness and swelling are normal and may last 3–10 days.