



Pre & Post Care for PRP, PRF, BioFiller

Before Treatment:

- ❖ Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, a minimum of 7 days prior to treatment. It is fine to continue iron and vitamin D.
- ❖ We recommend bringing a hat
- ❖ Be very hydrated prior to the treatment, drink a bottle of water (500 mL) at least 2 hours before your session.
- ❖ It is ok to color your hair up to 7 days before the procedure.
- ❖ If you have a history of facial and/or nasal herpes or fever blisters advise your provider and consider prophylactic treatment.
- ❖ If you have a history of any significant allergy or skin sensitivity

Contraindications:

You should not have PRP/PRF treatment done if you have any of the following conditions:

- ❖ An impaired immune system due to immunosuppressive diseases, HIV, HTV, or immunosuppressive medications
- ❖ Skin conditions and diseases including: systemic cancer, and chemotherapy.
- ❖ A history of medication over the past 2 months that could affect the skin, i.e., Accutane
- ❖ Any active skin disease or disorder around the treatment site; acne, eczema, psoriasis
- ❖ Steroid therapy, dermatological diseases affecting the face, communicable diseases, blood disorders and platelet abnormalities, anticoagulation therapy.

Post-Procedure

- ❖ Some discomfort, stinging, throbbing is normal for the first few hours. The worst of the swelling, redness or discomfort is in the first 30-60 minutes post treatment.
- ❖ With injected PRF BioFiller, it's possible to experience swelling for up to 1 week.
- ❖ Sleep with your head elevated to reduce swelling.
- ❖ If you experience a headache or mild discomfort you may use tylenol for pain relief.
- ❖ AVOID: high heat, sun exposure, blood thinners and excess alcohol, touching the skin, sweating, dusty environments, active ingredients like acids or retinols
- ❖ In rare cases, skin infection or reaction may occur, which is easily treated with an antibiotic.
- ❖ If you notice any flaking or peeling, let it exfoliate naturally-don't pick or peel.

Contact the office immediately if you have any of the following:

- ❖ Drainage
- ❖ Increased warmth at or around the treated area
- ❖ Fever of 101.5 or greater
- ❖ Severe pain that is unresponsive to over-the-counter pain relievers

Please contact us at (323) 909-9434 if you have any questions or concerns.