

PRF POST-CARE TREATMENT

***Congratulations!* You just decided to grow yourself naturally with PRF treatment!
Here are your post-treatment instructions and what to expect.**

Drink at least 64 ounces of water the day of treatment and for 1 week afterwards. Hydration is key for good recovery and skin Health.

WHAT TO EXPECT:

- Effects should be noticeable immediately after treatment. However, maximum effect will occur in 4-6 weeks and will require multiple treatments.
- Bruising and swelling is normal and expected and will last 3- 4 days post treatment, this can vary based on the individual.
- Pain or tenderness around area of treatment or at the insertion points can last for about 2-3 days.

AVOID AFTER TREATMENT:

- Do not use extreme temperatures on your face. Warm compression or ice packs can reduce the effectiveness of the results.
- Touching, pressing, rubbing or manipulating the treated area.
- Sunscreen or makeup for 12-hours after procedure.
- Avoid aesthetic treatments including RF, IPL, Laser for a week post treatment.
- Do not allow your dog/pet to lick your face or insertion points.
- Avoid taking Ibuprofen for 2 weeks. Acetaminophen may be taken instead, if needed.
- Swimming for at least 24 hours post-treatment.
- Exercise or strenuous activity for 2 days post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.

WHEN TO CALL:

- If you develop a reddened, hard, painful nodule over one or more of the threads.
- If you experience increased redness, swelling, or pain at the insertion site. Call Immediately and your provider may direct you to come in for an assessment.
- Or if you have any questions regarding your treatment.

I have read and I understand the post-care treatment for PRF Injections.

Patient Name: _____

Patient Signature: _____ Date: _____

Patient Initials: _____