



HOLMAN HEALTH

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Facial PRF Therapy

PRF or Platelet Rich Fibrin consists of a fibrin matrix which incorporates platelets, immune factors and stem cells from the patient's own blood. These growth factors promote healing of tissue.

PRF was first used in France for use in oral and maxillary surgery to protect open wounds and accelerate healing. Now PRF is also used for all kinds of tissue healing including skin, ligaments and bone. In cosmetic medicine, PRF is used to promote skin healing and is used as a natural filler to plump this tissue and fill wrinkles naturally without synthetic products.

PRF therapy is derived from a simple blood draw. It will be put in a centrifuge and spun at a certain RPM. That forces the blood components to separate. The resulting blood will have distinct components of Red Blood Cells (RBC), Normal Plasma (PPP) and Platelet Rich Fibrin (PRF). The PRF portion of the blood is then separated, and injected into the injured area.

Injection with PRF increases the amount of soft tissue re-generation. Growth factors including Platelet-derived Growth Factor, Transforming Growth Factor- β , Vascular Endothelial Growth Factor as well as up to 7 types of growth factors, and cytokines can be found in PRF. These growth factors continue to be released for several weeks, and even months, in the case of PRF Filler.

Clinical trials prove the effectiveness of PRF treatments for almost all types of chronic healing. In facial aesthetics clinical trials, PRF injections proved better results than those of hyaluronic acid injections. PRF injections are also exceptionally effective in treating acute soft-tissue injuries or chronic tendinopathy like acute Achilles tendon repair, rotator cuff tears, acute ligament injury, muscle injury, and meniscal repair. PRF stimulates a healing cascade in the broken ligaments, tendons and muscle cartilages, and, in some cases, even bone regeneration. Of course, the best part is, PRF treatments require neither extended stays in hospitals nor a prolonged recovery stage.

Risks to PRF injections:

Anytime a needle is placed anywhere in the body, even getting blood drawn, there is a risk of bruising, infection, bleeding, and nerve damage. However, these are very rare. Because PRF uses your own blood, you cannot be allergic to it.