

What is PRF?

Blood contains red blood cells, white blood cells, plasma, stem cells and platelets. Platelets are small disc-shaped cells with a life span of about 7-10 days. Platelets contain clotting and growth factors. During the healing process, platelets are activated and collected together. They release the growth factors, thus stimulating the inflammatory cascade and healing process.

Blood typically contains 6% platelets whereas PRF has a significantly increased hyper-abundant platelet concentration. Studies have shown that the clinical benefit is obtained because PRF has an increased platelet concentration of up to 10 times greater than normal blood.

Autologous [platelet rich fibrin \(PRF\)](#) injections have been used for over a decade by oral surgeons, plastic surgeons and maxillofacial surgeons. When comparing [Platelet Rich Fibrin \(PRF\)](#) to Platelet Rich Plasma (PRP), [PRF](#) yields a superior concentration of platelets and white blood cells than PRP. Additionally, [Platelet Rich Fibrin](#) contains a concentrate of platelets that are NOT stripped of their fibrin (clot) and Mesenchymal Stem Cells, which are NOT found in PRP. [Platelet Rich Plasma](#) gives off a burst of platelets with growth factors immediately after treatment. As opposed to this quick release in PRP treatments, [Platelet Rich Fibrin](#) forms a fibrin clot which is sustained in the tissues for several weeks after treatment. This clot gives off a slow release of growth factors and, combined with the mesenchymal stem cells and white blood cells, encourages improved collagen production, elastin production, and blood supply to the area treated. This yields an improvement in volume, texture, color and tone of the skin.

What is the process?

Prior to treatment a small tube of blood is drawn from the patient. This blood is immediately placed in the centrifuge for about 5-7 minutes. When centrifugation is complete, your fibrin, rich in platelets, is extracted from the top of the test tube. The [PRF](#) may be mixed with a hyaluronic acid filler or injected alone into the deep dermis or fat layer of the skin. When used as a topical application for micro needling treatments, the [PRF](#) encourages healthy skin regeneration. Platelets and stem cells gradually increase tissue blood flow and collagen production which can increase overall health of tissue.

What areas can be treated with injectable PRF?

- Orbital Rim – Around the eyes
- Cheeks and Mid face
- Around the mouth
- Crepey skin on the face and neck
- Back of hands
- Scalp for hair follicle stimulation
- Décolletage

What are the benefits of PRF?

- Tissue regeneration and rejuvenation
- Neo – Collagenesis
- Neo – Vascularization
- Extracellular Matrix formation
- Non allergenic
- It is a 'body own' physiological product vs. animal derived or human donor product.
- Elimination of donor transmissible infections

Are results immediate?

Immediate swelling and healing are obvious at first sight. However, collagen rejuvenation can take up to 6 weeks depending on the condition of your skin and lifestyle. More than one treatment will be necessary if the skin is mature.

How long do results last?

As you are regenerating collagen, lasting results will depend on the care and maintenance of your skin. The collagen that you build from this treatment is what you will keep for a lifetime!

What can I expect after my treatment?

Redness, swelling, or bruising can happen in the treatment area when PRF is injected. These side effects usually subside in a few days.

Side Effects

Platelet rich fibrin (PRF) is prepared from autologous (patient's own) blood so there is no risk of allergies or nodules.

Contraindications to PRF: You should not have a PRF injections if you have the following:

- Cancer or certain types of metastatic disease
- An active infection
- A low platelet count or taking oral anticoagulant medication.
- Pregnant/Breastfeeding
- Consistent long-term use of steroids

BEFORE: The week before having the treatment (for best results):

- AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) 5 days before procedure (Tylenol is OK for pain relief right up to and including the day of procedure – do not exceed 4000mg in a 24-hour period).
- AVOID the following nutritional supplements for 5 days before procedure -- Gingko Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
- AVOID the systemic use of corticosteroids for 1 week before the procedure.
- AVOID Alcohol and Cigarettes for 5 days before the procedure.
- HYDRATE very well for three days before and the day of the procedure for ease of blood draw.

AFTER: The week(s) after the procedure (for best results):

- Mild bruising and irritation may occur
- AVOID the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) for 5 days after procedure (Tylenol is OK for pain relief – do not exceed 4000mg in a 24-hour period).
- AVOID the following nutritional supplements for 5 days after the procedure -- Gingko Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
- AVOID the systemic use of corticosteroids for 2 weeks after the procedure.
- AVOID Alcohol and Cigarettes for 5 days after the procedure.
- EAT a healthy diet and HYDRATE very well – at least 64 ounces of clean fresh water.
- 4-week follow up appointment if necessary.

Looking forward to witnessing the rejuvenation of your skin, safely and naturally ~ Cathleen