



## **PRE AND POST INSTRUCTIONS PRF (Platelet Rich Fibrin)**

### **Pre Treatment**

- Do not wear make-up to your appointment.
- No aspirin, Ibuprofen, Motrin or Aleve for 1 week prior to PRP.
- Expect mild inflammation, redness, and swelling for a few days.
- Avoid the sun & use a physical sun block of SPF 30 or higher daily.
- Eat healthy and hydrate very well (the appropriate ounces of water daily).
- Avoid manipulating or pressing on the treated area(s) (including having other treatments done) for 48 hours. If you are concerned with any lumps felt, please call the office for a follow up appointment within 48 hours.

### **1 week after receiving treatment:**

- Avoid Retin A®/Tretinoin or retinol containing products for 1 week.
- Avoid certain nutritional supplements (Ginkgo, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients).
- Avoid Systemic Steroids (prednisone, dexamethasone).
- Avoid alcohol and Cigarettes.
- Do not touch, press, rub or manipulate the treated area(s) for 8 hours after treatment.
- Use ice for 20-30 minutes and take acetaminophen for discomfort.
- Do not use lotions, creams or make-up for 6 hours after treatment.
- No washing or showers for 6 hours after treatment.
- Avoid vigorous exercise and sun and heat exposure for 3 days after treatment.

**Please contact your provider immediately if you notice any blistering, rash, crusting, pus, tenderness or any other changes that may concern you.**

**We want you to be completely happy with your visit to Eterna!  
Call the office with any questions or concerns 253.268.3400 or after hours 253.466.5011.**

**If you are pleased with the service you received today, we invite you to post a review on  
Yelp or Google.**