Platelet-Rich Fibrin Matrix (PRFM) Pre and Post Care Instructions

Platelet-Rich Fibrin Matrix (PRFM) is commonly used in various medical and aesthetic procedures, such as skin rejuvenation, hair restoration, and wound healing. Aftercare following PRFM treatment is crucial to ensure optimal results and minimize and potential side effects. Please review the following instruction to help ensure optimal results.

Pre-Treatment

- To minimize the risk of bruising, please refrain from alcohol for 24 hours prior to your treatment.
- If approved by your primary care provider, please discontinue the use of blood thinning medications such as ibuprofen and aspirin 48 hours prior to your treatment.

Post-Treatment

- ***Mild swelling and tenderness is normal following your treatment. You may take Tylenol if needed for discomfort.***
- Refrain from touching or rubbing the treated area for at least 24 hours post-treatment. This helps to prevent contamination and irritation.
- Shield the treated area from direct sunlight for at least 48 hours. Sun exposure can aggravate the skin and interfere with the healing process. If exposure is unavoidable, use a broad-spectrum sunscreen with a high SPF.
- Refrain from strenuous exercises, heavy lifting, or activities that may increase blood flow to the treated area for the first 24 to 48 hours. This helps to prevent excessive swelling and bruising.
- Drink plenty of water to stay hydrated, as it aids in the healing process and helps flush out toxins from the body.
- Continue your regular skincare routine but avoid using harsh products or treatments on the treated area for the first few days.
- Refrain from consuming alcohol and smoking for at least 24 to 48 hours post-treatment. Both can interfere with the body's natural healing process and may increase the risk of complications.
- Attend any scheduled follow-up appointments with your healthcare provider to assess the results and address any concerns.

- Results from PRFM treatments may take some time to fully manifest. Be patient and allow your body to naturally regenerate and rejuvenate the treated area.

Please call **AND** text the office at 480-336-9034 if you experience any of the following symptoms: excessive swelling, redness, increase in pain, or your skin appears pale and cool to the touch at the treated area.

Date *

MM/DD/YYYY

Signature *