

## PRP and PRF INJECTION Treatment Instructions

PRP (Platelet Rich Plasma) and PRF (Platelet Rich Fibrin) are both Natural Growth Factors taken from the patient's own blood. The Plasma and Fibrin are extracted through specific centrifuge filtration processes, and are used as a topical, intradermal, or subdermal treatment.

Please remember that aftercare **is under your control** and what you do has a direct effect on the success of your treatment. For optimal results, and to minimize the chances of adverse effects, please adhere to the following instructions and recommendations:

### **Before Your Treatment:**

- **Stop** taking any anti-inflammatory medications or NSAIDs such as Aspirin, Ibuprofen, Naproxen, Naprogesic, 72 hours before your treatment.
- **Stop** taking any blood thinning herbs, supplements, or vitamins 1-2 weeks before your treatment. (Omega, Vitamin E, Garlic, Krill, Etc.).
- **Stop** taking any systemic steroids 1-2 weeks before your treatment. Please consult with your primary care provider prior to discontinuing any medications.
- On the day of the treatment, make sure you drink plenty of water and a full meal before you come into the clinic.

### **After Your Treatment:**

- Keep your injection site clean and dry. Do not scratch or rub the area of injection. You may shower if you so please.
- **Swelling and bruising at the point of injection is normal.** It may take up to 1 week or more for it to resolve.
- **Avoid** ice at the site of injection. Swelling is normal and part of the inflammation/healing process.
- Do not use any prescription or over the counter anti-inflammatory medicines such as Motrin, Advil, Ibuprofen, Aleve, Naprosyn, Naproxen, Voltaren, Diclofenac, Meloxicam, Mobic, or Celebrex for 7 days after the procedure. Ideally, we would like you to avoid the use of these medications for 6 weeks after your procedure. Please consult with your

primary care provider for clearance, based on your medical history, prior to discontinuing any medications, based on your medical history.

**Communication:**

The most important person at Look Lab is you, the patient! We are 100% committed to giving you the perfect experience! Please let us know how we're doing by emailing us at [info@LookLab.com](mailto:info@LookLab.com) or leave us a review on any social media platform (Google, Yelp, FaceBook).

Please notify our clinical staff at **833.999.5665(LOOK)** immediately with any medical questions you may have and always feel free to make an in-person appointment for an evaluation if you have a concern. In case of an emergency please visit the emergency room.

Anything you forgot to ask? Send us a direct message on Instagram  
**@LookLabMedSpas**