

Platelet-Rich Plasma (PRP) and Platelet-Rich Fibrin (PRF)

PRE-TREATMENT INSTRUCTIONS (PRP & PRF)

One Week Before

- Avoid blood-thinning agents to reduce the risk of bruising. **Only discontinue medications with your doctor's approval.**
- No aspirin, ibuprofen, naproxen, fish oil, vitamin E, ginkgo biloba or St. John's Wort.
- Stop alcohol consumption. Alcohol can thin the blood and increase bruising.
- Limit caffeine intake to reduce dehydration and potential sensitivity.
- Avoid smoking. Smoking affects healing and reduces blood flow.
- Stay hydrated. Aim for at least eight glasses of water daily to improve blood draw quality.
- Ask your provider about arnica or bromelain supplements. These can help reduce bruising and inflammation.

Three Days Before

- Don't apply retinoids, AHA/BHA acids or exfoliants to the treatment area.
- Avoid sun exposure and tanning beds to prevent irritation or burns.
- Avoid dye or chemical hair treatments (if scalp PRP/PRF).

Day of Treatment

- Arrive with a clean face/scalp. No lotions, makeup, oils or hair products.
- Eat a healthy meal beforehand to avoid lightheadedness from the blood draw.
- Hydrate well. Continue drinking water up until your appointment.
- Dress comfortably. You'll be lying down for a bit.

POST-TREATMENT INSTRUCTIONS (PRP & PRF)

Immediately After

- Expect redness, swelling or slight bruising at the injection sites.
- Avoid touching or washing the area for at least four to six hours after treatment.
- No makeup, creams or topical products for at least 24 hours. However, makeup may be applied after 24 hours, if desired.
- Twenty-four hours after treatment and for the next several days, wash your face gently with a mild/gentle cleanser one to two times daily. After several days, you may return to your regular skin care routine.
- Immediately following the procedure, the most commonly reported temporary side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, a feeling of pressure or tightness in the treatment areas. Fullness and swelling typically subsides in a few hours to days.
- Cold gel packs/ice may be applied immediately after, but please ensure the pack is clean and has been washed with mild soap and water.

CONTINUED ON BACK >

POST-TREATMENT INSTRUCTIONS (PRP & PRF) CONTINUED

First 24–48 Hours

- Avoid strenuous exercise, saunas or hot showers to reduce the risk of swelling or infection.
- Do not use NSAIDs (ibuprofen, aspirin). They can inhibit healing.
- Use a gentle cleanser after 24 hours. Avoid anything with acids, alcohol or retinoids.
- Sleep on a clean pillowcase and elevate your head to reduce swelling.

72 Hours–7 Days

- Continue avoiding exfoliants, AHAs/BHAs or active skincare (retinoids, vitamin C) until the skin is completely healed and there are no more wounds or redness.
- Avoid sun exposure and wear broad-spectrum SPF 30+ daily. Avoid direct heat, such as from a blow dryer, the sun, sauna, steam room, very hot shower, hot yoga, tanning bed, strenuous exercise, etc.
- No facials, lasers, waxing, chemical peels or microneedling for 12 weeks following treatment.
- Hydrate and maintain a healthy diet to support healing and collagen production.

Hair PRP/PRF-Specific

- Avoid washing hair for at least 24 hours. After 24 hours, you may resume shampooing and conditioning as desired.
- Do not color, bleach or chemically treat hair for at least 72 hours, preferably a week.
- Avoid tight hairstyles or hats that may irritate the area.

POST-TREATMENT INSTRUCTIONS (PRP & PRF) CONTINUED

Treatment Type	Frequency	Initial Results	Full Results
PRP (Face/Hair)	Three to four sessions, four to six weeks apart	Two to four weeks	Three to six months
PRF (Face/Hair)	Two to four sessions, six to eight weeks apart	Two to three weeks	Three to six months



If you have any questions or concerns, do not hesitate to contact Springfield Clinic. We are here to help in any way possible!

