PRF Skin Rejuvenation:

The **PRF Facial** combines microneedling with topical Platelet Rich Fibrin (PRF) on the face and neck to improve skin tone, texture, elasticity and volume while softening fine lines, wrinkles and scars. Both microneedling and PRF trigger the body's natural healing response, releasing growth factors that boost collagen and elastin production. For more pronounced volume loss, such as under-eye hollowing, PRF can also be injected into targeted areas (up to 3/treatment) for a "filling" effect. This is called a **PRF Facelift.**

Patient Pre-treatment instructions:

- Avoid NSAIDs use 1 week prior to procedure (Aleve, Ibuprofen, Naproxen, Advil)
- Drink plenty of fluids the day of and prior to your procedure.
- Exercising (ie HIIT) the morning before your procedure is not required, but encouraged to increase platelet concentration.
- Avoid meals high in saturated fats (pork, red meat, fried foods, coconut-based) 12-24 hours prior to procedure. Eating an array of colorful fruits, veggies, seeds, nuts, fish, + lean poultry is encouraged!
- Do not put on any makeup, creams, oils, prior to treatment.
- No retinols or exfoliants 2-3 days prior to treatment.
- No prolonged sun exposure 24 hours prior to treatment.
- The procedure will take 1-1.5 hours.
- You will have anesthetic cream applied to your skin. Please inform the doctor before treatment if you:
    - Have any known allergies or sensitivities to anesthetics (e.g. novocaine used at a dentist)
    - Have particularly difficult veins for blood draws
    - Suffer from anxiety or panic attacks triggered by needles or blood.

Potential Risks:

- Bruising, swelling, bleeding or pain at the injection and blood draw sites.
- Allergic response or anaphylaxis; particularly to anesthetics and ingredients in topical creams
- Lingering superficial nerve damage from injections (rare).
- Infection at injection sites is rare, and PRF itself plus proper aftercare help lower that risk further.
- For those with a history of herpetic outbreaks, the procedure may trigger an outbreak. Let your provider know beforehand so they can prescribe an antiviral medication prophylactically.

Procedure:

- Please arrive with cleansed skin
- "Before" pictures taken.
- Topical anesthetic applied, face covered w/ saran wrap under LED (30 mins)
- Blood drawn & taken out of the room for processing into PRF
- Topical anesthetic removed with a warm towel
- PRF painted on with nylon brush over rolled section; repeat microneedling
- Injection of PRF "Bio-Filler" into pre-determined target areas (ie cheeks, under eyes, nasal labial folds)

Patient Post-Treament Instructions:

- Avoid washing face for 90 mins after procedure.
- If you received injections, you may want to ice the region if pronounced swelling develops (frozen peas/veggies ideal) for the next 24 hours, no more than 10 mins at a time.
- Bruising near injection sites may last 7–14 days. After the first 24 hours, mineral makeup can be used to cover it. Topical arnica may help reduce bruising time.
- You should not expect any significant pain. There may be some soreness and swelling around the injection sites. Avoid taking NSAIDs to manage discomfort.
- No exfoliation or use of "active" skincare products (Retinols, Retin-A, Vitamin A, BHAs, AHAs, Vitamin C) for 7 days.
- Do not pick at scabs and/or flaking skin for 7 days post procedure.
- Use a mineral based SPF during the day and avoid direct sun for 7 days post procedure.
- Please change your pillow case the night following the procedure.

Expected Results:

- **PRF Facial (PRF with Microneedling only):** Expect redness, warmth and mild swelling for 24–48 hours, similar to a light sunburn, followed by some dryness as skin heals. Improvements appear over 1–4 weeks, peak around 8–12 weeks, and can last up to a year, fading gradually with natural aging.
- **PRF Facelift (PRF with Microneedling + PRF "Bio-Filler" Injections):** Expect swelling for 3–5 days, especially around the eyes. Bruising and small bumps under the skin at injection sites may last 1–2 weeks. After the swelling resolves we expect a gradual improvement in skin texture, volume and firmness over the next 1-6 months.

General recommendations:

- For best results, an **initial series of 3 treatments spaced about 4 weeks apart** is recommended. For more dramatic results or significant concerns (ie acne scarring), a series of 6 monthly treatments may be advised.
- Maintenance treatments are recommended **every 6 months**.
- Results vary from person to person and are influenced by lifestyle (smoking, alcohol), diet, sun exposure.
- We encourage following up 1-2 months after the last treatment for "After" pictures.

Consent to treatment:

I have read, and understand the risks and benefits of PRF Skin Rejuvenation, and wish to proceed with the procedure described above.

Name: _____ Signature:_____ Date:_____

Other Post-care (5-7 days) Recommendations:

Cleanser:

Active/Serum:

Moisturizer:

SPF: