



PRF/EZGEL

PRF (Platelet-Rich Fibrin) is derived from a small sample of your own blood. It's spun at a low speed to separate the nutrient-rich plasma and fibrin matrix, which are packed with growth factors and healing cells. When injected or applied topically, PRF encourages tissue regeneration, boosts collagen production, and enhances skin elasticity over time.

EZGel takes PRF to the next level, using a heat-processed version of your plasma to create a smooth, gel-like consistency. This natural filler alternative can restore volume, soften fine lines, and rejuvenate areas such as the under eyes, cheeks, lips, neck, and décolletage for a refreshed, youthful appearance.

PRE-TREATMENT

- AVOID taking aspirin, Motrin, ibuprofen, Naproxen, Aleve, Vitamin E, Ginkgo Biloba, fish oil, St. John's Wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks if okay with your primary physician. These medications can increase the risk of bruising and may interact with the PRF platelet coagulation process, making the treatment less effective. For mild pain or headaches Tylenol is preferred.
- DO consider taking over the counter Arnica supplements (available at The Derm Institute, most supplement stores, Whole Foods) starting 3-5 days before your treatment as they have been shown to decrease bruising.
- DO inform your nurse or physician if you have a history of medication allergies, history of anaphylaxis, and any other medical problems.
- DO NOT consume alcohol for the three (3) days prior to your appointment.
- Please notify our office if you have ever been diagnosed with Herpes Simplex Virus (HSV)- You may require prophylactic therapy.
- If you are prone to cold sores (oral herpes simplex), take your prescribed medication (Famvir, Famciclovir, Valtrex, Valacyclovir, Acyclovir) as prescribed in the 24 hours prior to your treatment, the day of, and the day after.
- If you are currently taking anti-coagulation medications (Warfarin, Coumadin, Heparin, Lovenox, Enoxaparin, Lepirudin, Refludan, Ticlopidine Ticlid, Clopidogrel, Plavix, Tirofiban, Aggrastat, Eptifibatide, Integrilin), discuss the use of these medications with your healthcare provider prior to your treatment. You may or may not be a candidate for treatment with cosmetic dermal fillers.
- The ideal time to schedule this procedure is at LEAST 4 weeks before a big event.

POST-TREATMENT

- It is typical to have swelling for 3-4 days post-treatment. If you have had PRF injected (not microneedled) into the skin, the volume will start to go down in 4-6 weeks; however, you will continue to benefit from skin rejuvenation results.
- If you had PRF injection treatment with filler, the treated area may look asymmetrical or uneven for up to 14 days following the procedure, this is normal. Small lumps or bumps about 2 weeks after treatment which can usually be massaged out by your provider (call the office if this occurs).
- If you had PRF injection treatment with filler, the treated area may feel firm when touched, this is normal.
- You will most likely be bruised and/or swollen following this procedure. Some mild tenderness can be normal as well. Ice and non-drowsy antihistamines (Allegra, Claritin, Zyrtec) can be helpful. The swelling and bruising can last up to 14 days.
- Avoid vigorous scrubs, exfoliation, or facial treatment in area of treatment for 72 hours.
- Avoid microdermabrasion for 72 hours post-procedure.
- Avoid prolonged exposure to direct sunlight or UV/tanning beds.
- Avoid manipulation of the area following the injection unless directed by your healthcare provider.
- If signs or symptoms of infection present (warmth at the site of injection, discharge/pus, pain/discomfort), please contact the office.