

PRP/PRF Pre-Treatment Guidelines:

1. **Hydration**: Ensure you are well-hydrated in the days leading up to your treatment. Drink plenty of water to aid in blood collection and plasma extraction.
2. **Avoid Anti-Inflammatories**: Refrain from taking anti-inflammatory medications (like aspirin or ibuprofen) at least 3 days before treatment, as these can interfere with platelet function.
3. **Stop Blood Thinners**: If you are on blood-thinning medications, consult your physician about temporarily discontinuing them.
4. **Limit Alcohol and Smoking**: Avoid alcohol and smoking for at least 48 hours prior, as these can negatively affect your platelet quality.
5. **Supplements**: Stop taking supplements like Vitamin E, fish oil, and other blood-thinning agents at least 1 week before treatment.
6. **Consultation**: Discuss any health conditions, medications, or allergies with your provider beforehand.

PRP/PRF Post-Treatment Guidelines:

1. **Avoid Touching the Area**: Refrain from touching or washing the treated area for at least 6 hours after treatment to allow the platelets to fully absorb.
2. **No Makeup**: Avoid applying makeup to the treated area for at least 24 hours to minimize the risk of infection.
3. **Sun Protection**: Use sunscreen and avoid direct sun exposure to prevent pigmentation changes.
4. **No Strenuous Activity**: Refrain from intense physical activities or exercises for at least 24-48 hours post-treatment.
5. **Avoid Anti-Inflammatory Medications**: Continue to avoid anti-inflammatory medications for up to a week after treatment to ensure proper healing and optimal results.
6. **Hydration**: Continue drinking plenty of water to aid in recovery and to maximize results.
7. **Follow-up Treatments**: Depending on your treatment plan, follow-up treatments may be recommended for optimal results.

By following these guidelines, you will promote the best possible outcomes from your PRP/PRF treatment.