



# PRF / PRF Gel Pre & Post-Care Information

[www.jjcosmeticclinic.com.au](http://www.jjcosmeticclinic.com.au)  
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# PRF/ PRF Gel Pre Care information



Sleep enough 7-9 hours



Maintain healthy diet with Vitamin D supplement



Regular exercise for 5 days before and after PRF



Drink at least 1.5L to 3L of water per day for 2 weeks before your treatment



Avoid smoking and drinking for 2 weeks before and after PRF



Apply sunscreen daily and avoid exposure to the sun



Avoid aspirin and anti-inflammatory medicines before PRF



Reschedule if you are unwell or had vaccination within 2 weeks



Schedule treatments at least 2 weeks before any major event to allow time for healing

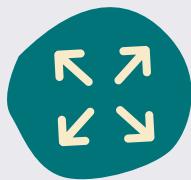


If prone to cold sores, consider taking antiviral medication beforehand to prevent an outbreak

## List of Anti-Inflammatory Medicines to Avoid:

- Aspirin: Discontinue 7 days before
- Nurofen (Ibuprofen): Discontinue 8 hours before
- Meloxicam: Discontinue 4 days before
- Naproxen: Discontinue 4 days before
- Diclofenac/Voltaren: Discontinue 7 days before
- Topical Voltaren: Nil required

# PRF or Injectable Post care information



Swelling is expected for 3 days, and occasional bruising may last for 7–14 days



Avoid rubbing and applying excess pressure



Do not wash your treatment area for at least 4 hours



Avoid strenuous exercise/exertion for 24 hours



Apply hydrating masks or moisturisers



Avoid skincare with vitamin A and exfoliant



Apply sunscreen daily and avoid exposure to the sun



Refrain putting makeup on for 1-2 days



Avoid smoking and drinking for 2 weeks



Avoid aspirin and anti-inflammatory medicines for 3 days



No sauna, swimming or hot tubs for 3 days



Avoid facials or other skin treatments for 2 weeks

If you are experiencing ANY of these within 72 hours, please contact us to manage any possible adverse risks.

- Severe pain, hot and tender lump with or without pimple like whiteheads
- Poor capillary refill (when healthy skin is pressed, it should 'pink up' as soon as the pressure is removed. If the skin remains pale, it indicates the blood supply is impaired).
- Mottling of skin (a blotchy, web-like pattern with blue-black or purple-blue discolouration)
- Severe headache
- Visual problems

RN Julie Ji 0466 042 997 (Call, SMS & WhatsApp)

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If not possible, alternatively contact A&E at the Alfred Hospital