

immature.

YOUR GUIDE TO PREPARING FOR PRF

A little preparation.
Thoughtful regeneration.

Regenerative aesthetics, powered by your own biology.



PRF uses concentrated platelets, fibrin, and growth factors from your own blood to support collagen production, improve skin texture and tone, and promote healthier-looking, more resilient skin over time.



BEFORE YOU BEGIN

PRF uses a concentrate made from your own blood to support skin regeneration. A few thoughtful habits before and after treatment help support your body's natural repair processes.

PRF, in numbers

What your appointment involves, from draw to treatment.

Tubes drawn

A small draw from the arm, taken at the start of your visit.

Minutes in the centrifuge

Your blood is spun to separate the platelet rich fibrin.

Minutes in the chair

From arrival to the end of treatment.

3

Treatments in a series

PRF results develop gradually and build across sessions.

14

days

Nourish your skin from within

Start now and continue after your appointment.

i.

Protein at every meal

Eggs, fish, chicken, Greek yogurt, tofu and beans provide the building blocks for tissue repair.

ii.

Room for vitamin C

Berries, citrus, kiwi and bell peppers support normal collagen production.

iii.

Varied, balanced meals

Vegetables, whole grains and iron rich foods such as lentils, beans and lean meat.

iv.

Eat enough

Avoid crash diets, restrictive cleanses and skipped meals around your treatment.

v.

Smoking

Smoking impairs healing. Stopping as early as possible and staying smoke free through recovery supports your skin's repair.

vi.

Medications and supplements

Tell us everything you take, including aspirin, ibuprofen, naproxen, fish oil, vitamin E, ginkgo, garlic and turmeric. Never stop a prescribed medication without your prescriber's approval.

48_{hours}

Prepare for the draw

Hydration and platelet function come first.

i.

No alcohol

Avoid alcohol for 48 hours before treatment to support hydration and platelet function.

ii.

Hydrate steadily

Drink water regularly. Arriving well hydrated makes your blood draw easier. There is no need to force excessive amounts.

iii.

Anything new

Some medications and supplements affect platelet function or bruising. If anything has changed since you booked, tell us now and we will provide personalized guidance.

O

the day

Arrive fed and hydrated

i.

A light, balanced meal

Eat before arriving unless we have instructed otherwise. A meal helps prevent lightheadedness during the draw.

ii.

Come hydrated

Continue drinking water through the morning of your visit.

iii.

Tell us what has changed

Let us know about any changes to your health or medications before we begin.

After

Good habits go beyond your appointment

Continue nourishing meals and follow your personalized treatment and aftercare plan. PRF results develop gradually and vary from person to person.

These steps support general healing and treatment preparation. No specific diet or supplement has been proven to guarantee better facial PRF results.



immature.

Still you.
Just refreshed.

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