



## Pre & Post Treatment Instructions for Platelet Rich Fibrin Matrix (PRFM)

**Avoid** Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, Meloxicam, Indomethacin, Excedrin (all non-steroidal anti-inflammatory agents), Vitamin A, Vitamin E (okay if A or E are in Multivitamin), Ginkgo Biloba, Garlic, Turmeric, Flax Oil, Cod Liver/Fish Oil, and Essential Fatty Acids (EPA, DHA) for **2 weeks before your treatment and 1 week after.**

You will **NOT** be able to undergo treatment if you are or have been on systemic corticosteroids (Prednisone, Methylprednisolone, Medrol) within **2 weeks** of the planned treatment date. Consult your physician for approval to discontinue use of corticosteroids for this procedure.

Maintain a healthy diet and drink at least 64 oz. of water the day before and the day of the treatment. **It is important to be well-hydrated** as it helps with an easier blood draw and decreases the discomfort felt during treatment.

Notify the office if you are prone to cold sores. Antiviral medication will need to be started for 3 days prior to the procedure if treatment is performed around the mouth.

You can take Tylenol 1,000 mg 1 hour prior to the procedure to minimize discomfort and can continue every 6-8 hours after treatment if needed.

**Avoid** scratching, rubbing, or manipulating the treated area(s) for at least **6 hours** after your treatment. This will help to minimize irritation and infection.

Do not take a shower or wash your face for at least 6 hours after treatment.

Do not touch your skin or use any products on it for at least **6 hours** after your treatment.

**Avoid** saunas, steam rooms, swimming for **2 days** after your treatment.

**Avoid** vigorous exercise, sun and heat exposure for at least **2 days** after your treatment.

**Avoid** alcohol for 3 days prior to treatment and caffeine the day of treatment to minimize bruising.