



Anti-Aging And Medical Skin Care Center

Selphyl Platelet Rich Fibrin Matrix (PRFM) Post Treatment Instructions

Pre PRFM treatment:

The quality of your platelets will determine your results. If you have a history of chronic thrombocytopenia or other known platelet disorders, any new medications or were recently seriously ill in the last 4 weeks, please discuss these with LouAnn Perugini, APRN prior to scheduling PRFM treatments. Certain conditions and medications may affect the quality of your platelets and the subsequent PRFM results.

To get the best possible results, avoid alcohol at least 72 hours prior to your PRFM treatment. Alcohol will temporarily suppress platelet quality and function which may affect your outcome.

To avoid bruising, please do not take any prescription or over-the-counter anti-inflammatory medications such as prednisone, Medrol dose pack, Alleve, Motrin, Ibuprofen, Naproxen, Mobic, Celebrex, Fish Oils, Omega supplements or other similar one week before your treatment. While bruising is not harmful (or even 100% preventable), avoiding the above medications will help mitigate any extra risk for bruising. If you take any of these at the recommendation of your doctor, please do not stop them without discussing this first with LouAnn Perugini, APRN.

After Your PRFM Treatment:

During 72 hours following the treatment, the PRFM will solidify to form a clot under the skin where it was injected. It is very important to leave the treated area as undisturbed as possible. The concentrated growth factors in the clot will start to release as it begins to breakdown and dissolve naturally over the next few days. The growth factors are thought to stimulate the skin to produce new collagen and the hair follicles to grow.

After your PRFM treatment, please do not wash or shower for 8-12 hours unless instructed to do so. If you had PRFM injected in the face, the product can appear lumpy and swollen for at least 24-72 hours. If you had your scalp injected, you may notice some dried blood or scabs. If you had PRFM applied topically after microneedling, your face may feel tight and shiny.

DO wait 7 days before resuming any vibrating devices directly over the treatment sites such as a Clarisonic Brush or facial massager.

Sun protection is critical. Protect your investment. You should NOT have any sun exposure; wear a mineral only sunscreen with a minimum of SPF 50 and reapply it every hour to the treatment areas while outside. This includes driving to work. Obviously, do not use a tanning salon.

DO NOT Expose the treatment areas to cold or excessive heat for the next 72 hours. Feel free to shower after 8-12 hours but avoid hot water when bathing. Cool or lukewarm water is OK.

DO NOT rub or massage the treated areas for 72 hours after your treatment. Gentle light touch only is ok if washing your hair or face.

NO facials or any other anti-aging treatments for a week after receiving PRFM in the face.

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DO NOT partake in strenuous exercise for 24 hours after treatment. You may return to your normal exercise routine after 24 hours.

DO NOT lie down directly on the treatment areas for 72 hours if possible. This is to avoid the risk of pressure on the treated areas (from your pillow).

Be assured that any tiny bumps or marks will go away within a few hours after your treatment.

DO NOT apply make up to your face for the remainder of the day if you received PRFM in the facial area. If you need to apply make-up, you may do so the next day. Please use cleaned makeup brushes, sponges or applicators and use a very GENTLE touch. You must avoid prematurely disturbing the PRFM clot process in the treated area.

It is normal to feel "firmness" at the injection site for a few days after treatment. The area will soften over time leaving you with a soft and natural look.

Your treatment can take up to 30 days to begin taking effect, do not expect to notice any results before then. The final effects from each treatment can take up to 3 months, so patience is important. Most people will do a series of 3-4 treatments every month until results are noted or as desired. Treatments are cumulative and results are temporary, typically lasting about 6 months. Retreatment every 6 months is recommended to maintain your results after your initial treatment series is completed.

This is your own body's natural product and allergies to PRFM are not known to exist. Complications of PRFM treatments are VERY rare and typically due to the injection process itself, not the product. If you have any increasing pain, drainage, redness or warmth at the injection sites or any other concerns or questions, please contact us immediately at our main office number 203-699-6772.

Thank you for your business.

LouAnn Perugini, ACNP, FNP, DCNP, CANS

Dermatology and Aesthetic Board Certified APRN

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