

PRF & EZGEL PRE + POST CARE

Before Your Treatment — Pre-Care Instructions

- Eat a full meal before your appointment — Because blood is drawn as part of this treatment, it is important to eat a substantial meal 1-2 hours beforehand to maintain stable blood sugar and reduce the risk of lightheadedness.
- Stay well hydrated — Drink at least 8-10 glasses of water in the 24 hours before your appointment. Good hydration makes blood draw easier and supports better PRF quality.
- Avoid blood-thinning medications & supplements — If medically safe to do so, avoid aspirin, ibuprofen, fish oil, vitamin E, turmeric, garlic supplements, and St. John's Wort for at least 7 days before to minimize bruising.
- Avoid alcohol — Do not consume alcohol for at least 48 hours before your appointment as it thins the blood and reduces platelet effectiveness.
- Avoid caffeine on the day — Skip coffee and other caffeinated beverages on the morning of your appointment as caffeine can constrict veins and make blood draw more difficult.
- No waxing or other skin treatments — Avoid waxing, threading, chemical peels, laser treatments, and microneedling in the treatment area for at least 2 weeks beforehand.
- Arrive with a clean face — Come with no makeup, sunscreen, or skincare products on the day of your appointment.
- Manage cold sore history — If you have a history of cold sores and are receiving treatment around the mouth, notify your provider in advance. An antiviral medication may be recommended as a precaution.
- Disclose full medical history — Inform your provider of all medications, supplements, blood disorders, clotting conditions, autoimmune diseases, active skin infections, cancer history, or anticoagulant therapy. EZgel PRF may not be suitable for all patients.

After Your Treatment — Post-Care Instructions

- Expect swelling, redness, and bruising — Because EZgel is derived from your own blood, the body recognizes it as natural — however, swelling, redness, tenderness, and bruising at injection sites are still common and typically resolve within 3-7 days.
- Apply a cold compress — Use a clean cold compress or chilled gel pack (not ice directly on skin) for 10-15 minutes at a time during the first few hours to help reduce swelling.
- Keep your head elevated — Sleep with your head elevated on an extra pillow for the first 1-2 nights to minimize swelling.
- Do not touch or massage the area — Avoid rubbing, pressing, or massaging the treated area for at least 24-48 hours unless specifically instructed by your provider.
- Apply SPF every day — Protect treated areas from UV exposure with SPF 30-50 every day. Sun damage can accelerate the breakdown of results.
- Avoid strenuous exercise — Skip intense workouts, heavy lifting, and cardio for at least 24-48 hours to minimize swelling and bruising.
- Avoid heat exposure — Stay away from saunas, steam rooms, hot tubs, and prolonged direct sun for at least 48 hours post-treatment.
- Avoid alcohol — Do not consume alcohol for at least 48 hours after treatment as it increases inflammation and can impair the activity of growth factors in the PRF.
- Skip makeup on injection sites — Avoid applying makeup directly over injection sites for at least 12-24 hours to reduce infection risk.
- Stay well hydrated — Continue drinking plenty of water after your treatment — good hydration supports the activity of the growth factors and overall skin recovery.
- Be patient with results — EZgel PRF works by stimulating your body's own collagen and regenerative processes. Results develop gradually and continue to improve over 4-8 weeks as the growth factors take effect.

Contact your provider immediately if you experience:

- Severe or worsening pain disproportionate to the treatment
- Skin that appears white, blue, or mottled (possible vascular compromise)
- Signs of infection: increasing redness, warmth, pus, or fever
- Vision changes or eye pain
- Nodules, lumps, or hardness that persist or worsen after 2-3 weeks
- Any symptoms that concern you during the healing process

Because EZgel PRF is made entirely from your own blood, it is one of the most biocompatible treatments available — there is no risk of allergic reaction to foreign material. Results are natural-looking and develop gradually over 4-8 weeks as growth factors stimulate collagen and tissue regeneration. A series of treatments is often recommended for cumulative and longer-lasting results.