

Additional considerations

These recommendations do not account for individual patient differences and will vary on a case-by-case basis. Please follow any alternate or additional advice provided by your Practitioner. Immediately contact your Practitioner if any symptoms or complications arise.

ALWAYS READ THE INSTRUCTIONS FOR USE. ALWAYS FOLLOW THE INSTRUCTIONS FOR USE. FOR USE BY HEALTH PROFESSIONALS ONLY. THIS PRODUCT IS NOT AVAILABLE FOR PURCHASE BY THE GENERAL PUBLIC.

Procedure and Follow-Up Details

Date and Time of Procedure:

Details of the procedure(s) performed and the anaesthesia used:

Contact details of the Treating/Prescribing Medical Practitioner and any other Treating Practitioners:

Additional Instructions:

Date and time of follow-up appointment:

Platelet-Rich Plasma (PRP) and Fibrin (PRF)
Pre- And Post-Procedure Information



The world's #1 PRP and PRF System

an AVADERM brand

Pre-Treatment

- Inform your Practitioner if you have a history of medication allergies, history of anaphylaxis, and any other medical problems.
- This device is also prohibited to be used on individuals with Platelet Dysfunction Syndrome, Critical Thrombocytopenia, Hypofibrinogenemia, Haemodynamic instability, Auto-immune diseases, Malignancy (i.e. Cancer), Sepsis, Acute or Chronic infections, Chronic Liver Disease, Anti-coagulation Therapy (e.g. Aspirin) and Pregnancy and any other contraindications as determined by a Practitioner.
- Inform your Practitioner of any medication that you are currently taking.
- Avoid consuming Aspirin, Motrin, Advil, Ibuprofen, Vitamin E, Gingko Biloba, Fish Oil, Garlic pills, or other anti-inflammatory medications for 1-2 weeks prior, as they can increase the risk of bruising. Only stop taking these medications if approved by your primary Physician.
- Limit consuming alcohol or smoking for at least a week prior to the procedure.
- Avoid eating fatty/fast foods in the 72 hours prior to the procedure.
- Drink plenty of water in the 48 hours prior to the procedure

During Treatment

1. A topical numbing cream may be placed on the treatment area or a local anaesthetic injection may be administered prior to the procedure. This is to reduce discomfort caused by the injections of PRP/PRF.
2. Your Practitioner will take a small sample of blood from the arm; this process is similar to collecting blood for testing. The blood will be placed into the T-Lab® PRP or PRF Tube and then placed into a centrifuge to separate the blood components.
3. The component of blood containing the platelets will be extracted from the tube and into a syringe. The PRP or PRF may be injected in multiple injections using a fine needle, cannula or micro-needling pen into the target area.

Post-Treatment

- ✓ During the first 24–48 hours after treatment you may experience redness, swelling and bruising in the treated areas.
- ✓ To relieve any pain or tenderness, take pain relief medication (e.g. Paracetamol), as recommended by your Practitioner, to reduce any discomfort. Always consult your Physician.
- ✓ Contact your Practitioner if you experience any complications including, but not limited to: Swelling, Redness, Tenderness, Bruising, Itching, Apparent Damage to Blood Vessels, Hematoma, Delayed Wound Healing, Signs of Infection at the Site of Blood Draw, Nerve damage, Pain, Numbness, or Signs of Infection in the Treated Area.
- × DO NOT use potentially contaminating facial cosmetics, hair products, dyes, swimming pools/spas etc until the injection sites have healed (typically a few days), or as recommended.
- × AVOID scrubbing or wiping your face vigorously for the first 12-24 hours.
- × AVOID excessive heat (e.g. sun exposure hot showers, saunas, laser procedures, excessive time outside etc) for 24-48 hours following the procedure.
- × DO NOT engage in vigorous physical activity for at least 48 hours following the procedure, or as recommended by your Practitioner.
- × AVOID any medications or supplements that are blood thinning agents for 1-2 weeks following the procedure, as they may exacerbate bruising (always check with your Physician prior to stopping any medications or supplements).

The following is general advice only and does not take individual patient or procedural differences. Patient should always follow the advice and instructions of their Health Professional. Avaderm Pty Ltd does not accept any liability to any person, company or Practitioner for the information or advice (or the use or absence of such information or advice), which is provided in this document.