

# PRF INJECTIONS

## *preparation*



Discontinue  
blood thinners  
7 days prior



Drink plenty of  
water to stay  
well hydrated



Cease or decrease  
smoking before  
your appt



Avoid  
alcohol for  
24 hours



Come to your  
appointment  
with clean skin



## QUESTIONS OR CONCERNS

7971 Moorsbridge Rd, Portage MI

Phone: (269) 329-0655

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# PRF INJECTIONS

*aftercare*



Avoid applying ice or cold compress



Do not touch or massage the area



Avoid drinking alcohol for 24 hours



No sweaty activities for the next 48 hours



Discontinue blood thinners for 1 week



Swelling is normal in the following days



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