



## RECOMMENDED PRF PROTOCOLS

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The Platelet-Rich Fibrin (PRF) technique uses the most advanced blood concentrate technology to generate a fibrin matrix rich in platelets, leukocytes, and mesenchymal stem cells.

This process results in the constant release of growth factors and interleukins for 10 to 12 days, accelerating tissue healing and skin regeneration processes. This 100% autologous rejuvenation technique exhibits substantial progress from the well-established PRP (or Platelet-Rich Plasma) technique, where growth factors are all released only for a few minutes after treatment.

PRF is all-natural. There is no coating, additive, or anticoagulant present in the tubes, and it is proven to release a higher concentration of growth factors for a longer period of time.

### INDICATIONS

Skin and hair rejuvenation: skin tightening, improved skin texture and quality, collagen stimulation, and hair restoration.

### TREATMENTS

In cosmetic surgery, PRF is used to accelerate the wound healing process and reduce scarring. In aesthetics, PRF is used alone, or in combination with collagen induction therapy to treat:

- Hair loss
- Dark circles
- Acne scarring, keloid scars
- Wrinkles and fine lines
- Tear troughs and deep folds
- Tissue rejuvenation, brown spots (face, neck, décolleté)
- Volume loss and symmetry adjustment

### PRE-CARE INSTRUCTIONS AND RELATIVE CONTRAINDICATIONS

This treatment is highly dependent on the patient's level of hydration (patients need to start the hydration process 72 hours before treatment). Patients who smoke may have less response to this treatment.

### IMPORTANT INFORMATION

PRF could be more opaque than PRP as it contains 2 to 3% of erythrocytes, compared to PRP, which contains 1%. It is important to centrifuge the blood immediately after the blood draw in order to obtain the best quality concentrate. Depending on the selected centrifugation program, each vial will yield 1.5cc to 3cc of PRF.

### PROTOCOLS

**PRF for skin rejuvenation and volume correction (EZMINISPIN protocol: 5 min at 900 rpm)**

**PRF can be mixed with any FDA approved filler; placed in the deep compartment to minimize migration of filler to superficial fat pads or the SMAS. Recommended concentrations are as follows:**

1. For patients looking at maintaining the volume effect of the filler while getting the benefits of the PRF mix
  - Mix 2 parts of filler to 1 part of PRF (2/3, 1/3). For example, mix 0.5ml of ezPRF to 1ml of filler, to obtain a total volume of 1.5ml.
  - Be sure to minimize air bubbles while mixing the PRF with the dermal filler, using the luer-to-luer connector.



- Use a 25G x 1 ½” **DermaSculpt** Microcannula. It is recommended to inject the filler within 15 minutes to minimize gelling/clotting.
  - If the 25G **DermaSculpt** Microcannula becomes harder to push through, do not hesitate switching to a 23G x 2” microcannula.
2. For patients willing to come in for a “tune-up” injection, but who are looking for maximal benefits of PRF
    - Use the same protocol as above but mix 1:1 (equal parts of PRF and dermal filler).
    - 25 to 30% of the volume effect will be lost after about 6 weeks, but the patient will notice lasting skin quality enhancement.
  3. For patients looking for a complete autologous filling as an alternative to synthetic solutions
    - Use pure PRF for injection, but the volume effect will start to dissipate after 4 to 6 weeks.
    - May repeat and perform a series of 3 sessions after which the patient will notice improved skin quality and elasticity, as well as more collagen stimulation in the areas injected.

**PRF for hair restoration (EZMINISPIN protocol: 5 min at 1100 rpm)**

- Draw 4 to 6 vials of PRF to get 6 to 8ml of PRF to inject.
- Inject directly into the scalp using the **EZINJECT** multi-injector, 27G or 30G.
- May also perform light microneedling with **COSMOPen** simultaneously (0.5 to 1mm depth) and apply PRF topically prior to injections for an extra boost.
- Repeat every month and perform a series of 3 to 5 sessions.
- Make sure that the patient is following other hair stimulating protocols.

**Collagen Induction Therapy with PRF for rejuvenation, stretch marks, scars, acne, and acne scars**

(EZMINISPIN protocol: 5 min at 1100 rpm)

- Draw PRF and apply a thin layer prior to microneedling.
- Microneedle to appropriate depth depending on the indication.
- Apply PRF topically during and after the treatment.
- Can perform sessions every 2 to 4 weeks depending on the indication.

**PRF rejuvenation for neck, décolletage, and hands (EZMINISPIN protocol: 5 min at 1100 rpm)**

**Use hyperdiluted dermal fillers in combination with PRF for tissue rejuvenation purposes:**

- Hyperdiluted Radiesse for neck and décolleté: 1.5cc Radiesse + 2cc PRF + 1cc saline + 1cc lidocaine
- Hyperdiluted Juvederm for neck and décolleté: 1cc Juvederm Ultra + 3cc PRF
- Hyperdiluted Juvederm Ultra for hands: 1cc Juvederm Ultra+ 1cc PRF

Juvederm Ultra has been selected here as it draws a great amount of water around it, which helps with hydration.

**PRF for keloid scars (EZMINISPIN protocol: 5 min at 1100 rpm)**

**PRF can be used in combination with intralesional triamcinolone for true keloid scars.**

- Mix PRF with Kenalog-40 and inject intralesionally for best results.
- In addition, can perform a microneedling or ablative laser resurfacing treatment (like fractionated Erbium or CO2) and apply topical PRF with triamcinolone at the same time.
- Repeat for 4 to 6 weeks after clinical effects are noted.

**Fat transfer (EZMINISPIN protocol: 5 min at 900 rpm)**

- Harvest fat for fat transfer.
- Mix fat to PRF - for each 10ml of fat, add 2ml of PRF.

**Post-surgery (facelift, necklift, rhinoplasty, blepharoplasty, body surgery, etc.) (EZMINISPIN protocol: 5 min at 1100 rpm)**

- Apply PRF to wound bed when finished with surgery, and it will gel immediately upon touching the tissue and help form a hemostatic gel and heal the wound bed faster.
- This accelerates wound healing downtime and highly reduces the chances of scarring.