




Thank you for booking with us at The Treatment. We look forward to seeing you!

Pre-PRFM Injection Treatment Instructions

- Inform our office if you have a history of cold sores in order to receive advice on anti-viral therapy prior to treatment.
- 7 DAYS BEFORE treatment (to prevent bruising): AVOID blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve. Also avoid herbal supplements, such as Garlic, Vitamin E, Ginkgo Biloba, St. John's Wort, and Omega-3 capsules (fish oil)
- Do not drink alcoholic beverages 48 hours before (or after) your treatment to avoid extra bruising.
- If you are pregnant or breastfeeding, please inform provider before start of treatment, so we can avoid the use of topical numbing agents. PRFM injections are SAFE while pregnant or breastfeeding, but we always recommend consulting with your OB/GYN before any procedure while under their care. Please inform your provider if you have any questions about this prior to the treatment.
- Make sure you come to your appointment well HYDRATED and having had a nutritious meal. Your PRFM is only as healthy as your food/drink choices. 

Day of Treatment

- Arrive to the office with a “clean face”. Please do not wear makeup, but if you must, we will ask you to cleanse your face prior to the treatment.
- To maximize your comfort during the procedure, a topical anesthetic may be applied. (Unless pregnant or breastfeeding)
- You may experience a mild amount of tenderness or a stinging sensation following injection.
- Redness and swelling are normal. Some bruising may also be visible.
- You may experience some tenderness at the treatment site(s) that can last for a few hours or a few days.
- You may have bruises in the areas treated immediately after treatment.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort immediately after treatment.
- Redness and swelling are normal. Bruising may also be visible and can last 7-14 days.
- Depending upon the area(s) treated and amount of PRFM injected, you may feel “tightness” for up to 1 week. Over time, the area(s) will soften and “settle”.

Please let us know if you have any questions or concerns prior to your appointment.

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Email Us hello@getthetreatment.com

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