

# THE PEARL

DERMATOLOGY

## **Micropen: Microneedling + Platelet Rich Fibrin (PRF)**

Micropen contains sterile, fine microneedles that are adjusted to specific depths depending on the area of skin being treated to create controlled micro-injuries to the skin. Through creating controlled micro-injuries, this triggers the skin to begin a wound healing process that results in collagen stimulation and production. Microneedling has been shown to help reduce the appearance of acne scars, fine lines, skin texture, and hyperpigmentation. The micropen device can be used on all parts of the body: face, neck, décolleté, arms, hands, legs, abdomen and back. To maximize results, we recommend a series of at least 3-5 treatments, 4-6 weeks apart.

### Pre-Treatment Instructions

1. **Skin Prep** | 2 weeks prior to scheduled treatment, apply **Alastin Regenerating Skin Nectar** twice daily to the proposed treatment area. This product was developed with TriHex Technology that has been proven to help prep the skin, as well as aid in the healing process and collagen production for maximum results. Safe for post-care after ablative and non-ablative procedures.
2. **PRF 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.**

### Treatment Day

1. For your first treatment, please arrive an hour and 15 minutes prior to your treatment time so that we can take pre-treatment photos and apply a topical numbing cream to the treatment areas. For the following treatments, you have the option of numbing at home or arriving an hour prior to treatment for one of our medical assistants to apply the numbing cream for you. Please ask one of our front desk employees to grab you a numbing kit with instructions on how to apply if you are interested in numbing at home.
2. We recommend that you wear comfortable clothes to your appointments. We offer a disposable gown and a headband if needed. If you tend to get cold easily from air conditioning, bring a sweater or light jacket to wear while you are waiting for the numbing cream to take effect. A good book, iPad or Kindle is also recommended.
3. To obtain the desired amount of blood for PRF, please come well hydrated and avoid an empty stomach. Our staff will draw a small amount of blood and place it in a centrifuge, where the contents will spin for 5 minutes at low speeds to separate the fibrin from the rest of the blood.
4. After your numbing cream is wiped off, a sterile treatment tip is attached to the Micropen, and the appropriate treatment depth will be determined by your doctor. Next, the pen is gently pressed against the skin and glided across the entire treatment area. The treatment is entirely performed by your doctor.
5. Post treatment, your doctor will apply either your PRF or a topical Hyaluronic Acid serum to your skin.

Post-Treatment Instructions

1. Because your skin will be red and slightly swollen, plan your day so that you can go straight home after treatment. This redness and swelling will go down in the following 3-5 days.
2. **DO NOT TOUCH OR WASH THE TREATED AREAS FOR 6 HOURS POST PROCEDURE.**
3. After 6 hours, you may wash the treated areas with a gentle cleanser, apply a gentle moisturizer, and SPF.
4. It is common for your skin to feel dry in the following days. It is important to moisturize at least twice a day with a gentle wound healing cream such as **Alastin Regenerating Skin Nectar, Avene Cicalfate** or **Neocutis Biocream Firm**.
5. Please refrain from using any harsh cleansers, exfoliants or retinoids on the treated area for about 5-7 days after.
6. As always, wear your sunscreen!

Possible Risks & Complications

Just as there are benefits to the procedure proposed, there are also risks and down time to heal. Serious complications are rare but possible. Common side effects include temporary redness and mild swelling that may last a few hours to 3-4 days or longer. Other potential risks include itching, pain, bruising, scarring, brown patches, infection, and swelling. With the PRF blood draw there are risks of pain, discomfort, swelling, bruising, vasovagal reactions, hematoma, phlebitis, and rarely, numbness or nerve injury.

**DURING BLOOD DRAWS FOR PRF, PATIENTS MUST UNDERSTAND THAT THERE WILL BE TWO ATTEMPTS TO OBTAIN A SUCCESSFUL BLOOD DRAW. IF WE ARE UNABLE TO OBTAIN A PATIENT'S BLOOD, A HYALURONIC ACID-BASED GEL WILL BE USED IN PLACE OF THE PRF.**

Recommended Post-Procedure Products

1. Alastin Gentle Cleanser
2. Alastin Regenerating Skin Nectar
3. Avene Cicalfate
4. Neocutis Biocream Firm

## **Platelet Rich Fibrin (PRF)**

### What is PRF?

Platelet rich fibrin (PRF) is a natural, second-generation regenerative treatment derived from a patient's own blood, containing high concentrations of fibrin, platelets, and white blood cells. First, a small amount of blood is drawn from your arm, then the tube of blood is spun at a slower speed than traditional PRP, allowing for a higher concentration of regenerative cells to be collected. In comparison with PRP's rapid growth factor release, PRF releases growth factors for an extended duration of time: up to 7-10 days. The extended release allows for prolonged exposure to your natural growth factors that help with natural collagen production in the skin and longer healing support.

### When is PRF used?

The PRF treatment can be applied after microneedling with the Micropen, Morpheus (microneedling with radiofrequency) Ultrapulse (CO2 Laser), and LaseMD. In all cases, microchannels are created in the skin that allow for the PRF to easily permeate down to the dermis where the collagen-producing fibroblast cells reside. In addition to enhancing the results of your skin rejuvenation treatment, the PRF treatment will lessen your downtime by speeding up the healing of the vertical micro-columns created by the Micropen or laser.

### Who should **not** have PRF?

The procedure should not be done if you have any of the following conditions: platelet dysfunction syndrome, thrombocytopenia, hypofibrinogenemia, chronic liver disease, sepsis, hepatitis, acute or chronic infections, porphyria, cancer, chemotherapy, corticosteroid therapy, blood or platelet disorders, and anticoagulation therapy. It should not be done if you are pregnant or breastfeeding. Please notify your provider if you have any of these conditions.

### Pre-Treatment Instructions:

For two weeks prior to the procedure, you should minimize medications that inhibit platelet function, such as aspirin, non-steroidal anti-inflammatory drugs (ibuprofen, naproxen, diclofenac), vitamin E, fish oil, St John's wort, garlic, ginseng, and ginkgo biloba. PRF is highly dependent on the patient's level of hydration therefore, patients need to start the hydration process 72 hours before treatment. Patients who smoke may have less response to this treatment.

### Post-Treatment Instructions:

After the procedure, allow the PRF to dry on your skin without washing it off or applying anything on top of it for 4-6 hours. After 4-6 hours, you may wash your skin with a gentle cleanser.