

## **PRF Treatment**

*A groundbreaking procedure that utilises the body's innate healing abilities, featuring a concentrated fibrin matrix, to rejuvenate and restore skin and hair.*

### **At a Glance:**

**Treats:** Fine lines, crepiness, scarring, mild skin sagging, hair-loss

**Anaesthesia:** Topical anaesthetic cream

**Duration:** 30 Minutes

**Hospital stay:** No

**Recovery:** There is no downtime following the procedure

### **Treatment Overview**

#### **What is PRF Treatment?**

PRF (Platelet-Rich Fibrin) treatment is a medical procedure that uses a patient's own blood, processed to concentrate platelets and fibrin, to promote tissue repair, improve skin health, stimulate collagen production, and address various cosmetic and therapeutic concerns. It is commonly used in aesthetic medicine, dentistry and other medical fields to support natural healing and regeneration.

#### **Why have PRF Treatment?**

PRF (Platelet-Rich Fibrin) treatment is chosen for its multifaceted benefits in medical and cosmetic applications. People seek PRF treatment to rejuvenate their skin by improving texture, reducing wrinkles, and promoting collagen production. Additionally, it's used to address hair loss, accelerate wound healing in surgeries and injuries.

There are minimal side effects due to its natural approach using the patient's own blood components.

PRF offers long-lasting results, making it a preferred choice for those seeking non-surgical options. Its adaptability allows for customised treatment plans tailored to individual needs, making PRF a versatile solution for various concerns and desires.

As with all treatments, the suitability of PRF should be determined through consultation with a qualified healthcare provider or practitioner to align with specific goals and requirements.

## **What Happens During PRF Treatment?**

The consultant performs PRF treatment as an outpatient procedure, using a topical anaesthetic cream. PRF involves several key steps.

First, a small amount of the patient's blood is drawn, typically from the arm. This blood is then placed in a specialised centrifuge machine, which spins at a specific speed to separate the blood components into layers based on their density.

In PRF treatment, the focus is on extracting the PRF layer, which forms a fibrin matrix naturally during centrifugation. Unlike PRP (Platelet-Rich Plasma), PRF is processed without the use of anticoagulants. Once the PRF layer is extracted, it is prepared for application, based on the specific treatment plan.

The next step involves applying the PRF directly to the targeted treatment area. This application can take various forms, including injections, topical application, or combination with other treatments, such as **Morpheus 8**, depending on the patient's specific needs and the intended treatment goals.

## **How long is Recovery from PRF Treatment?**

PRF treatment typically involves minimal downtime, allowing patients to resume their regular activities shortly after the procedure. Although side effects are uncommon, they can occasionally include mild bruising, swelling, and localised inflammation at the injection sites.

To mitigate these potential side effects, applying cold compresses can help reduce swelling and bruising. Additionally, it is advisable to refrain from touching the treated area or applying makeup for at least six hours following the treatment to minimize the risk of infection.

## **Why Choose Bella Vou for PRF Treatment?**

Bella Vou offers clients a uniquely individual approach to cosmetic surgery and aesthetic treatments. The state-of-the-art clinic provides the very latest procedures in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a personal touch, throughout your treatment journey. The skilled team is passionate about helping people achieve the results they want and making their experience enjoyable and stress-free.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is approved and inspected regularly to ensure the highest standards of patient care, cleanliness, and infection control.

The staff at Bella Vou are professional, highly qualified, and led by cosmetic surgeons recognised by the most reputable aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS).

**Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.**

FAQs

### **Is PRF treatment safe?**

Yes, PRF treatment is considered safe.

Treatment utilises a patient's own blood components, reducing the risk of adverse reactions. Bella Vou takes infection control very seriously. The consultants use sterile, one-use needles and containers for all procedures. While mild and temporary side effects like bruising or swelling can occur, selecting an experienced practitioner and discussing potential risks during consultation can help ensure a safe and effective treatment.

### **What conditions can PRP treat?**

PRP treatment is commonly used for:

- Skin Rejuvenation: Reducing fine lines, wrinkles, and scars.
- Hair Restoration: Stimulating hair growth and thickness.
- Joint Injuries: Assisting in healing joint injuries.
- Soft Tissue Injuries: Promoting healing of soft tissue injuries.
- Scar Improvement: Minimizing the appearance of scars.

### **How many PRP sessions will I need?**

The number of PRP sessions you'll need depends on your specific treatment goals and the area being treated. Typically, a series of treatments spaced a few weeks apart is recommended for optimal results. Your treatment plan will be discussed during your free consultation with one of our medically trained specialists.

### **When will I see results from PRP treatment?**

Results from PRP treatment vary from person to person, but many patients begin to notice improvements within a few weeks to a few months after treatment. Results continue to develop over time.

### **What is the difference between PRP & PRF treatment?**

PRP (Platelet-Rich Plasma) and PRF (Platelet-Rich Fibrin) are two different treatments designed to enhance skin appearance by harnessing the patient's own blood components.

PRP involves injecting concentrated platelets into the skin, containing growth factors that stimulate collagen and elastin production, improving skin texture and reducing scars and stretch marks. PRF is similar to PRP but has a higher platelet concentration and more potent growth factor release. It also includes fibrin, supporting tissue repair and regeneration. PRP is created by concentrating platelets into a serum, while PRF involves a fibrin matrix to create a more stable injectable product.

Benefits vary: PRP mainly improves skin texture, tone, and reduces fine lines, while PRF promotes overall skin health and collagen production.

Duration differs too, with PRP effects being shorter-lived compared to PRF.

In summary, both PRP and PRF injections offer effective ways to enhance skin health, including around the eyes. While they share similarities, there are distinct differences, which the Medical Specialists at Bella Vou can discuss before your treatment. They will provide personalised advice, helping you understand the benefits and potential risks of each treatment as well as tailoring a plan to suit your needs.

### **How do I know what facial treatments to have?**

Bella Vou offers a range of aesthetic treatments and surgical procedures to address the signs of skin ageing.

The right one for you will depend on your skin and the issues that worry you the most. That's why Bella Vou offers bespoke care. Come for a free thirty-minute consultation. The specialist will examine your skin, discuss your concerns, and explain the best ways of achieving your goals.

### **Your PRP Journey at Bella Vou**

#### **Step 1: Free, no-obligation consultation**

Bella Vou offers every client a free consultation with an expert. The consultation is an opportunity to discuss any concerns you have and the results you want to achieve.

Bella Vou provides a bespoke and holistic rejuvenation service. The specialists will carefully examine your face, checking skin elasticity, volume loss, sagging, and lines or wrinkles. In careful consultation with you, they will tailor a treatment programme to achieve your goals. Bella Vou will always give you an honest and impartial professional opinion.

### Step 2: Preparing for PRF Treatment

You will be asked to stop taking some medicines such as aspirin and ibuprofen to prevent bruising and bleeding before your treatment.

Due to the nature of the therapy, people with bleeding problems, liver disease, platelet deficiency, or using anticoagulant medication are not suitable for PRF therapy. If you have any concerns, the staff at Bella Vou are always on hand to answer your questions and offer support.

### Step 3: What happens during PRF treatment?

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### Step 5: How long is recovery from PRF treatment?

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