PRFM / EZ Gel
pre-care

MADE FROM YOUR OWN BLOOD

PRFM and EZ Gel are made from a small sample of your own blood, drawn the day of your appointment and spun down with nothing added. That is why an allergic reaction is extremely unlikely — and it is also why these steps matter more than usual. The quality of your plasma is the quality of your treatment, and how you hydrate, eat, and drink in the days beforehand genuinely affects it.

TWO WEEKS BEFORE

- If it is safe for you, pause supplements that thin the blood: fish oil, vitamin E, ginkgo, ginseng, high-dose garlic, and turmeric.
- Avoid aspirin and NSAIDs (ibuprofen and naproxen) unless they are prescribed to you. Tylenol is fine.
- **Where you safely can, avoid corticosteroids and anti-inflammatory medication.** They can blunt the growth-factor response this treatment depends on.
- **Never stop a prescribed blood thinner** — warfarin, apixaban, clopidogrel, or similar — without clearing it with the doctor who prescribed it.

TELL US BEFORE WE TREAT

- A history of blood cancer or a platelet disorder.
- Any autoimmune or inflammatory condition.
- A bleeding or clotting disorder, or any anticoagulant medication you take.
- Any active infection, cold sore, or acne breakout in the treatment area.
- If you are pregnant, breastfeeding, or trying to conceive.
- Every filier or biostimulator you have had before — what, where, and when.

THE DAYS BEFORE Hydrate & Nourish

- **Drink plenty of water leading up to your appointment** — not just the morning of. Good hydration makes the draw easier and improves the quality of the plasma.
- **Eat well in the days beforehand.** Protein, whole foods, and a nutrient-dense diet all support better plasma. Bone broth is a favorite of ours — collagen-rich, mineral-rich, and easy to sip.
- **Avoid alcohol for several days beforehand,** not just the night before. The longer you give it, the better the quality of what we make.

THE DAY OF

- Arrive with clean skin, no makeup, lotion, or sunscreen on the treatment area if possible.
- Eat a meal beforehand and come hydrated. It makes the draw easier and helps prevent lightheadedness.
- Expect a small blood draw from your arm, then a few minutes in the centrifuge while we prepare your PRFM. Numbing will be applied to intended treatment areas while the plasma is spinning.
- Let us know if you are ill or running a fever and we will find you another time.