

PRF — Platelet Rich Fibrin

An autologous regenerative treatment from your own blood.

PRF uses a small sample of your own blood, processed in-clinic, to concentrate a platelet-rich fibrin preparation that is then injected or applied to the treatment area. It may be considered for selected skin quality, fine line, under-eye, scalp/hair-support or healing-support concerns after individual assessment. Because PRF is patient-derived, response varies between individuals.

WHAT IT TREATS

PRF may be considered for selected skin quality concerns, mild crepiness, fine lines, under-eye support in carefully selected patients, scalp or hair-support protocols, and healing support as part of a broader treatment plan. It is not a substitute for surgery, filler, laser or medical hair-loss treatment when those options are more appropriate.

HOW IT WORKS

A small blood sample is taken from your arm and spun in a centrifuge to separate a platelet-rich fibrin layer. This preparation is then injected or applied to the treatment area depending on the indication. The aim is to use components from your own blood to support natural tissue signalling and repair. Visible change is gradual and variable.

WHAT TO EXPECT DURING TREATMENT

A blood sample is taken from your arm, similar to a routine blood test. The sample is processed in the clinic, and the PRF preparation is then placed into or onto the treatment area depending on the planned use. The treatment can involve pressure, stinging, tenderness or a firm sensation, particularly in delicate areas such as under the eyes.

DOWNTIME AND RECOVERY

Bruising, swelling, redness and tenderness can occur. Under-eye and other delicate areas may swell more noticeably and can look puffy for several days. Most patients resume low-intensity activity quickly, though social downtime depends on the treated area and individual tendency to bruise or swell.

RISKS AND COMPLICATIONS

Common side effects. Bruising, swelling, tenderness, redness, temporary lumpiness or firmness, mild headache, fatigue or light-headedness after the blood

draw. Visible response may be subtle, delayed or limited, and a course of treatments may be recommended depending on the goal.

RARE / SERIOUS RISKS — MATERIAL RISKS

Please read carefully — these form part of your informed consent.

Infection, bleeding or haematoma, vasovagal reaction during blood collection, prolonged pain, nerve irritation, inflammatory reaction, nodules or an unsatisfactory result are uncommon but recognised. As with any injection-based procedure, worsening pain, spreading redness, pus, fever or prolonged swelling should be reviewed promptly.

PRE-TREATMENT INSTRUCTIONS

Provide a full medical history and medication list — blood disorders, anaemia, immune conditions, anticoagulants, supplements and any previous reactions to blood draws or injections. Hydrate well before the appointment unless advised otherwise. If your clinician advises, avoid alcohol and non-essential blood-thinning supplements in the days beforehand.

POST-TREATMENT INSTRUCTIONS

Avoid pressure, heat, strenuous exercise and alcohol for the period advised. Use gentle skincare and sunscreen. Do not massage treated areas unless instructed. Contact the clinic for increasing pain, marked swelling, redness, fever, pus, visual symptoms or any concern that feels out of proportion to normal recovery.

EXPECTED RESULTS AND TIMELINE

Swelling typically settles first; visible change is gradual. A series of treatments may be recommended depending on the indication, with review used to decide whether PRF is providing useful benefit. Because PRF is derived from your own blood, response varies and a visible result is not assured.

CONTRAINDICATIONS

PRF may not be suitable with active infection, significant inflammatory skin disease, severe anaemia, blood disorders, immune compromise, blood-thinning medication that cannot be safely managed for the procedure, needle phobia that cannot be accommodated, or medical conditions affecting healing.

QUESTIONS BEFORE CONSENT

If anything in this document is unclear, please ask before signing your consent form.

ALTERNATIVES

PRF is one of several pathways for supporting skin quality and selected regenerative concerns. Alternatives may include skin quality treatments (BBL, HALO, microneedling), professional skincare, other cosmetic medical procedures or no

treatment. Your clinician will discuss whether an alternative or combined approach may suit your goals better than PRF alone.

REFLECTION PERIOD & CONSENT

For new patients, NovaLux provides a reflection period between your consultation and your first PRF treatment. This gives you time to consider the information, weigh alternatives and arrive at an informed decision without pressure. The length of this reflection period is discussed at consultation and aligned with AHPRA's cosmetic procedure guidelines.

PSYCHOLOGICAL WELLBEING

Cosmetic treatments are partly about how you feel about your appearance. As part of your assessment your clinician may discuss your reasons for considering PRF and what you are hoping it will achieve. If concerns are identified that suggest a different pathway — including independent psychological support — this will be raised openly and respectfully. You are encouraged to raise this yourself at any point.

Disclaimer: This document provides general information and does not replace a formal medical consultation. PRF is a patient-derived blood product, not a prescription medicine; however, PRF is classified as a higher-risk non-surgical cosmetic procedure under AHPRA's guidelines (effective 2 September 2025) and is therefore performed under specific suitability, consent and reflection-period requirements. Please discuss any questions with your treating practitioner prior to signing your consent form.

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