

POND SQUARE DENTAL

PLATELET-RICH FIBRIN (PRF)

What is PRF?

Platelet-Rich Fibrin (PRF) is a natural treatment used to support healing and tissue regeneration following dental procedures, reduce the post-operative discomfort and complications. It is created using a small sample of your own blood and contains concentrated platelets and growth factors that help accelerate healing.

Why has PRF been recommended?

PRF is used to enhance the body's natural healing response. It may be recommended to improve healing after tooth extraction, support bone grafting procedures, enhance dental implant integration, reduce inflammation and discomfort, and promote more predictable tissue regeneration. Because PRF is derived from your own blood, it is highly biocompatible.

When is PRF used?

PRF is commonly used alongside tooth extractions, dental implant placement, bone grafting procedures, gum disease treatment and soft tissue healing treatments. It is an additional treatment designed to improve healing outcomes rather than replace the main procedure.

What happens during the procedure?

The PRF process is simple and carried out during your appointment.

- A small amount of blood is taken from your arm
- The blood is processed in a centrifuge
- Platelet-rich fibrin is separated
- The PRF is placed at the treatment site

The process takes only a few minutes and is completed alongside your main procedure.

What are the benefits?

- Uses your body's natural healing factors
- May support faster healing
- May reduce swelling and discomfort
- Supports bone and soft tissue regeneration
- Contains no synthetic additives

Healing and recovery

PRF does not require additional healing time beyond your main procedure. In many cases, it supports faster early healing and improved tissue response, although individual healing varies.

Aftercare guidance

- Avoid strenuous activity for 24 hours
- Keep the area clean and follow oral hygiene instructions
- Take any prescribed medication as directed
- Attend follow-up appointments

Risks and possible side effects

PRF is generally very safe because it uses your own blood. Possible effects include:

- Mild discomfort at the blood draw site
- Temporary bruising or tenderness
- Minor swelling
- Infection (rare)
- Variable healing response

If you have any questions before your appointment, please contact the practice.

LOVE YOUR SMILE