

# Platelet-Rich Fibrin (PRF) Protocol

## Equipment needed:

- Tourniquet
- 18G blood collection tube with needle
- A few alcohol swabs
- Two 18G needle (place one on sterile field)
- Two 10cc syringe (place one on sterile field)
- One 60cc syringe
- Three red top vacutainer vials *\*confirm with surgeon*
- One white top vacutainer vials *\*confirm with surgeon*
- Centrifuge
- PRF Sterilized Kit and holders

### PRF Membranes

Red Tube: RPM = 2300 Time = 8 minutes

### C (concentrated) -PRF

White Tube: RPM = 3800 Time = 8 minutes

Discard upper 3-4 mL. Use remaining 1 mL.

## IV Protocol:

Additional equipment needed: 20G IV start

1. Nurse to place 20G IV - connect to IV tubing, but do not open IV tubing clamp
2. Draw up a full 10cc syringe of whole blood, discard
3. Draw up a full 40cc syringe of whole blood, open IV tubing clamp to run saline
4. Alcohol swab the tops of the vacutainers
5. Dispense 10cc in each vacutainer
6. Place in **Centrifuge immediately for 8 mins** *\*must be balanced in centrifuge.*  
*Use saline pre-filled tubes if necessary*
7. Once done, pull tubes out, remove rubber tops and place in tube holders without touching anything on the sterile table

## Local Protocol:

1. Tourniquet
2. Prepare gauze and tape for removing 18G tubing
3. Use 18G blood draw tubing attached to 60cc syringe
4. Draw up full 40cc syringe of whole blood
5. Alcohol swab the tops of the vacutainers
6. Dispense 10cc in each vacutainer
7. Place in **Centrifuge immediately for 8 mins** *\*must be balanced in centrifuge.*  
*Use saline pre-filled tubes if necessary*
8. Once done, pull tubes out, remove rubber tops and place in tube holders without touching anything on the sterile table