



# **PRF & PRP BIO FILLER PROTOCOL**



470-991-7704



[www.integrityprp.com](http://www.integrityprp.com)



[orders@integrityprp.com](mailto:orders@integrityprp.com)





# Integrity Bio Filler System – Utilizing PRF



## Training Video



*For informational purposes only. Any procedure should be carried out by a LICENSED MEDICAL PROFESSIONAL ONLY. Integrity PRP does not warrant the performance, effectiveness or applicability of any content or procedure described herein. Integrity PRP hereby disclaims any and all liability to any party for any direct, indirect, implied, punitive, special, incidental, or other consequential damages arising directly or indirectly from any use of the content, which is provided as is, and without warranties.*



## Integrity Bio Filler System – Utilizing PRF Pre-Procedure: Bio Filler Machine Set Up

Plug the Integrity Bio Filler Machine into an outlet and turn on the power button located on the side of the machine.

**1**

**\*Note: the heating row is the front row of the machine, and the cooling row is the back row of the machine.**

---

Press and hold down the **Program 2** button for about **3 seconds** and lift your finger off the button.

The numbers will start to blink, then press the up/down arrows under the **temperature** display screen (**LEFT SIDE OF MACHINE**).

**\*Note: The up/down arrows have to be used while the numbers are blinking.**

Set the **temperature** to **75 degrees** for use with **PRF tubes**, then press the **SAVE** button.

**2**

Then, press and hold the **Program 2** button again, until the numbers start to blink, and press the up and down arrows located under the **time** display screen (**RIGHT SIDE OF MACHINE**).

Set the time to **10 minutes** for **PRF tubes** and then press **SAVE**. Make sure you set the time in minutes, not seconds (10:00).

**\*Note: You cannot make changes to the time or temperature if the numbers are not blinking.**

---

To set cooling times, press the **COLD/HEAT** button and then press the **SET** button. While the numbers are blinking, change the time (**RIGHT DISPLAY SCREEN**) to **4 minutes** and press **SAVE**.

---

**4**

Follow the same steps for Program 1 if you need to set it for a different heat and time setting. (For example, you may set Program 1 for use with PRP tubes at 90 degrees for 9 minutes and use the same method to set Program 2 for use with PRF tubes at 75 degrees for 10 minutes.) Program 1 and 2 will then be saved once you turn on and off the machine.

---

The machine takes about **5-8 minutes** to heat up to the set temperature, and it will not start to count down the time until it hits the desired temperature.

**5**

Once it starts to count down, then the machine will beep when the timer is completed.

**\* Desired consistency may vary patient to patient. If you need a softer gel consistency, then you would need to heat the plasma for less time. If you are looking for a harder gel consistency, then you would heat the plasma for more time.**



# Integrity Bio Filler System – Utilizing PRF

## ITEMS NEEDED:

- **2** Integrity PRF Tubes or **1** Integrity PRF Kit
- **1** Integrity PRP Centrifuge
- **1** Integrity PRP Bio Filler Machine
- **1** Integrity PRF Cooling Cup
- **2 x 3ml** syringes
- **6 x 1ml** syringes (may double this if more plasma gel is required)
- **6** red heat-resistant syringe caps (this prevents blood from leaking down inside of the bio plasma machine)
- 27G or 25G needles, 22G or 25G cannulas to inject (this is based on preference)
- Luer lock connectors to transfer plasma from one syringe to the next
- If this is your first time using the machine, follow the **Bio Filler Machine Set-Up Procedure** found above.





# Integrity Bio Filler System – Utilizing PRF

## Preheat Machine:

Turn on and pre-heat the Integrity Bio Filler Machine to **75 degrees**.

- 1 After setting the temperature to 75 degrees, press and hold the **Program 2** button for **3 seconds**, wait for the numbers to stop blinking and hit **START**. \*Refer to the **Bio Filler Machine Set-Up Procedure** if more assistance is needed to pre-heat your machine.

---

## Blood Draw:

- 2 • Open the Integrity PRF Tubes and remove tubes from sterile packaging.  
• Wipe tops of tubes with alcohol swab prior to blood draw.  
• Draw the patient's blood into the PRF tubes utilizing a butterfly needle and vacutainer tube holder (you will need a phlebotomy kit to proceed).  
• Follow proper phlebotomy practices when drawing blood.  
• Fill the PRF tubes with patient's blood to just below the blue cap or until vacuum stops.  
• Once the blood is drawn, remove the sharps and dispose of it in your designated sharps container.

---

## Centrifuge:

- 3 • Wipe the tops of tubes with alcohol swab  
• Do **NOT** agitate the PRF tubes  
• Place the Integrity **PRF Tube #1** into the **centrifuge**.
  - Since you are utilizing an odd number of tubes (1), use the designated Integrity 15ml **blue top PRF** counterbalance tube to filled with water to achieve a balanced load. Make sure that the tubes are all the way in the tube holders. Improper placement of tubes could result in an imbalance, tube breakage, or undesired PRF results.  
• Place the Integrity **PRF Tube #2** into the **Integrity Cooling Cup**.  
• Close centrifuge making sure that the centrifuge top clicks and locks in place.  
• Centrifuge the Integrity **PRF Tube #1** for **2600 rpm for 7 minutes**.



# Integrity Bio Filler System – Utilizing PRF

Remove the **PRF Tube #1** from the centrifuge.

Keep the PRF tube in an upright position and do **NOT** agitate the tube.

**4**

Within 30 seconds of taking **PRF Tube #1** out of the centrifuge, extract a total of 3ml of **PRF** separated equally into **3 x 1ml syringes (1ml into each syringe)** or into **1 x 3ml syringe**.

---

**5**

Place a red syringe cap on the 1ml syringes and place the **3** syringes in the front **heating** portion of the Integrity Bio Filler Machine.

---

**6**

On the Integrity Bio Filler Machine, press **Program 2** and hold down for **3 seconds** until **75 degrees** and **10 minutes** shows on the screen. Wait for the numbers to stop blinking and then press **START**. Heat the syringes at **75 degrees for 10 minutes**.

---

**7**

While the plasma gel syringes are heating, place the **PRF Tube #2** into the **centrifuge** and spin it at **1100 rpm for 6 minutes**.

---

**8**

Once the heating portion is over, place the **plasma gel syringes** into the **Integrity PRF Cooling Cup** for **2 minutes**.

---

**9**

Once **PRF Tube #2** is done in the centrifuge, extract a total of **1.5ml of liquid PRF** from the PRF tube separated equally into **3 x 1ml** syringes (there should be .5ml in each syringe).

---

**10**

Put syringe caps onto the **liquid PRF syringes** and place in the **Integrity PRF Cooling Cup** until the plasma gel syringes have completed cooling.



## Integrity Bio Filler System – Utilizing PRF

Use a luer lock connector and **attach the 1ml syringe of plasma gel to the .5ml syringe of liquid PRF.**

**Mix** back and forth **15-20** times until the gel and liquid PRF have mixed thoroughly into the syringe.

**11**

**Repeat** this until all plasma gel syringes have been mixed with liquid PRF.

**\*Ratio: 1ml of plasma gel to .5ml of liquid PRF.**

---

**12** Now you are ready to inject. Inject and utilize protocols and/or precautions based on prior training.

---

**13** The consistency should be like a dermal filler and may vary slightly (thinner or thicker). Adjust your cannula or needle gauge according to your preferred methods.



# Integrity Bio Filler System – Utilizing PRP



## Training Video



***For informational purposes only. Any procedure should be carried out by a LICENSED MEDICAL PROFESSIONAL ONLY. Integrity PRP does not warrant the performance, effectiveness or applicability of any content or procedure described herein. Integrity PRP hereby disclaims any and all liability to any party for any direct, indirect, implied, punitive, special, incidental, or other consequential damages arising directly or indirectly from any use of the content, which is provided as is, and without warranties.***



## Integrity Bio Filler System – Utilizing PRP Pre-Procedure: Bio Filler Machine Set Up

Plug the Integrity Bio Filler Machine into an outlet and turn on the power button located on the side of the machine.

**1**

**\*Note: the heating row is the front row of the machine, and the cooling row is the back row of the machine.**

---

Press and hold down the **Program 1** button for about **3 seconds** and lift your finger off the button.

The numbers will start to blink, then press the up/down arrows under the **temperature** display screen (**LEFT SIDE OF MACHINE**).

**\*Note: The up/down arrows have to be used while the numbers are blinking.**

**2**

Set the **temperature** to **90 degrees** for use with **PRP tubes**, then press the **SAVE** button.

Then, press and hold the **Program 1** button again, until the numbers start to blink, and press the up and down arrows located under the **time** display screen (**RIGHT SIDE OF MACHINE**).

Set the time to **9 minutes** for **PRP tubes** and then press **SAVE**. Make sure you set the time in minutes, not seconds (09:00).

**\*Note: You cannot make changes to the time or temperature if the numbers are not blinking.**

---

**3**

To set cooling times, press the **COLD/HEAT** button and then press the **SET** button. While the numbers are blinking, change the time (**RIGHT DISPLAY SCREEN**) to **4 minutes** and press **SAVE**.

---

**4**

Follow the same steps for Program 2 if you need to set it for a different heat and time setting. (For example, you may set Program 1 for use with PRP tubes at 90 degrees for 9 minutes and use the same method to set Program 2 for use with PRF tubes at 75 degrees for 10 minutes.) Program 1 and 2 will then be saved once you turn on and off the machine.

---

The machine takes about **5-8 minutes** to heat up to the set temperature, and it will not start to count down the time until it hits the desired temperature.

**5**

Once it starts to count down, then the machine will beep when the timer is completed.

**\* Desired consistency may vary patient to patient. If you need a softer gel consistency, then you would need to heat the plasma for less time. If you are looking for a harder gel consistency, then you would heat the plasma for more time.**



# Integrity Bio Filler System – Utilizing PRP

## ITEMS NEEDED:

- **1** Integrity PRP Kit or **2** Integrity PRP Tubes
- **1** Integrity PRP Centrifuge
- **1** Integrity PRP BioFiller Machine
- **6** x 1ml syringes (may double this if more plasma gel is required)
- **6** red heat- resistant syringe caps (this prevents blood from leaking down inside of the bio plasma machine)
- 27G or 25G needles, 22G or 25G cannulas to inject (this is based on preference)
- Luer lock connectors to transfer plasma from one syringe to the next (Integrity PRP Kits come with 1 luer lock connector).
- If this is your first time using the machine, follow the **Bio Filler Machine Set-Up Procedure** found above.





# Integrity Bio Filler System – Utilizing PRP

## **Preheat Machine:**

Turn on and pre-heat the Integrity Bio Filler Machine to **90 degrees**.

After setting the temperature to 90 degrees, press and hold the

- 1** **Program 1** button for **3 seconds**, wait for the numbers to stop blinking and hit **START**. \*Refer to the **Bio Filler Machine Set-Up Procedure** if more assistance is needed to pre-heat your machine.

---

## **Blood Draw:**

- Open Integrity PRP Kit and remove tubes from sterile packaging.
- Wipe tops of tubes with alcohol swab prior to blood draw.
- Draw patient's blood utilizing the butterfly needle and vacutainer set included in the PRP Kit.

- 2**
  - Follow proper phlebotomy practices while drawing blood.
  - Fill tubes with patient's blood to just below the blue cap of the tube.
  - Once the blood is drawn, remove the sharps and dispose of it in your designated sharps container.

---

## **Centrifuge:**

- Invert PRP tube **7 times** to mix the anticoagulant with patient's blood.
- Wipe top of tube with alcohol swab.
- Place the Integrity PRP tube(s) into the centrifuge. The tubes should be placed opposite each other. If utilizing an odd number of tubes (1, 3, 5), use the designated Integrity 15ml **red top** counterbalance tube filled with water to achieve a balanced load.

- 3**
  - Make sure that the tubes are all the way in the tube holders. Improper placement of tubes could result in an imbalance, tube breakage, or undesired PRP results.
  - Close centrifuge making sure that the centrifuge top clicks and locks in place.
  - Centrifuge the Integrity PRP tubes for **3500 rpm for 9 minutes. (P1 on the Centrifuge)**



# Integrity Bio Filler System – Utilizing PRP

Remove the **PRP Tube** from the centrifuge and extract a total of 3ml of **PPP** into **3 x 1ml syringes**.

- 4 **\*Note: PPP or Platelet Poor Plasma is the top 2-4ml of the plasma in the PRP tube and is more fibrous making it ideal to create plasma gel.**

---

- 5 Place a red syringe cap on the 1ml syringes and place the **3** syringes in the front **heating** portion of the Integrity Bio Filler Machine.

---

- 6 On the Integrity Bio Filler Machine, press **Program 1** and hold down for **3 seconds** until **90 degrees** and **9 minutes** shows on the screen. Wait for the numbers to stop blinking and then press **START**. Heat the syringes at **90 degrees for 9 minutes**.

---

- 7 Once the heating portion is over, place the syringes into the **back cooling portion** of the Integrity Bio Filler Machine.

---

- 8 Cool the syringes for **4 minutes**.

---

- 9 Take syringes out of cooling section after 4 minutes.

---

Extract a **total of 1.5ml** of Platelet Rich Plasma (**PRP**) from the PRP tube, separated equally into **3 x 1ml** syringes (there should be .5ml in each syringe).

10

**\*Note: The Platelet Rich layer of plasma is right above the separation gel. Do not insert the needle into the separation gel. If needle encounters the separating gel, discard the product.**



## Integrity Bio Filler System – Utilizing PRP

Use a luer lock connector and **attach the 1ml syringe of plasma gel to the .5ml syringe of PRP.**

**11** Mix back and forth **15-20** times until the gel and PRP have mixed thoroughly into the syringe.

**Repeat** this until all plasma gel syringes have been mixed with PRP.

**\*Ratio: 1ml of plasma gel to .5ml of PRP**

---

**12** Now you are ready to inject. Inject and utilize protocols and/or precautions based on prior training.

The plasma gel will be the consistency of a **dermal filler** like Radiesse or Juvederm Voluma if heated at **90 C for 9 minutes** and cooled for **4 minutes**.

**13** If you prefer the plasma gel to be slightly **thinner** like Versa or Juvederm Ultra, then you can heat the plasma gel at **90 C for 6 minutes** and cool for **4 minutes**.

If you are requiring an even **thicker** plasma gel for BBL's then you can heat the plasma for up to **15 minutes at 90 C** and cool for **5 minutes**





Integrity  
PRP

**SCAN BELOW TO SHOP  
PRODUCTS OR REORDER  
ANYTIME**

