L-PRF in different intraoral applications
Part I: Preparation of L-PRF

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Favourable wound healing has always been a major quest in dental surgery. It is a concern in healthy as well as compromised patients. In an effort to improve and accelerate healing of both hard- and soft-tissues, substitutes including growth factors and biomaterials have been traditionally employed. Membranes were also introduced to separate tissues.

Recent research clearly indicates that L-PRF (leukocyte- and platelet-rich fibrin, a second generation of platelet concentrates) significantly enhances wound healing in both soft- and hard-tissues. Evidence now supports the assertion that this has the potential to replace the above mentioned substitutes in many situations.

Clinical procedures benefit from recent advancements with platelet concentrate protocols including, but not limited to: soft tissue healing, plastic periodontal surgery, gingiva enlargement, MRONJ, regeneration of infra-bony defects, ridge preservation, sinus augmentation, immediate implant placement and implant osseo-integration itself.

An added benefit is that these platelet concentrate protocols offer significantly lower cost treatment solutions to our patients, due to the fact of their ease of use and inexpensive preparation.

Major indications

Our basic knowledge of the biologic mechanisms of both soft- and hard-tissue healing has increased exponen-
tially in recent years. Advancements in autologous platelet concentrate protocols, profoundly impact the way we treat patients today.

Thanks to these advancements we can now introduce a new level of treatment options to our daily practice, from periodontal procedures to regeneration of bone defects and even implant osseointegration itself.

Step by step approach for the preparation of L-PRF

Protocol for preparation of L-PRF clots
- Venipuncture: With a 21 G butterfly needle collect up to eight 9ml red cap tubes of blood (Figs. 1a & b).
- After the first two tubes of blood are collected, immediately place them into the IntraSpin™ centrifuge,
opposite to each other to ensure the centrifuge is properly balanced. Close the cover and set the timer to one minute. Press START and allow the centrifuge to run for one minute, it will then come to a full stop and the cover will pop open. While it is spinning for one minute collect the third and fourth tube of blood from patient, and repeat the procedure for the other tubes.

- Centrifugation should be at 408 g (2,700 rpm using the IntraSpin™ centrifuge, for at least 12 minutes (start timing after loading the centrifuge with the last two tubes, Fig. 2).

- After 12 minutes of centrifugation (for patient taking anti-coagulant medication up to 18 minutes are recommended) L-PRF clots are ready (Fig. 3).

- Take the fibrin clots out of the tubes and separate them from the red blood cells (Figs. 4a–c).

**Protocol for preparation of L-PRF membranes**
- Place fibrin clots in Xpression™ box for gentle compression by gravity (e.g. with light metal plate, Fig. 5).
- Five minutes later the L-PRF membranes are ready for use (Fig. 6).
- The viability for expressed membranes is 2.5 to 3 hours, as long as they are re-hydrated with exudate.

**Protocol for preparation of L-PRF plugs**
- Place fibrin clots in the small white cylinder of the Xpression™ box.
- Use the piston to carefully compress the clot, until holder is level to cylinder.
- The viability for expressed plugs is 2.5 to 3 hours, as long as they are re-hydrated with exudate.

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**Editorial note:** To be continued in implants 2/18 with application approaches for open flap debridement and ridge preservation.

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