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**Natural pharmacopoeia: Platelet rich fibrin, an autologous therapeutic tool****Ramesh Bulbule**

Alabama Dental Center, UAE

Platelet gels have found usefulness in many disciplines of medicine and dentistry since first published studies on PRP by Robert Marx and his team in 1998. Different forms of platelet gels have been extensively used in surgical procedures in periodontics, implantology and oral surgery. They have a definite place in general dental practice as well. Choukroun Platelet Rich Fibrin (PRF) is truly an autologous therapeutic aid used in multitude of surgical disciplines. PRF positively impacts wound healing, both soft and hard tissue. It significantly improves postoperative pain, inflammation, infection and facilitates tissue regeneration, leading to shortened recovery time and reduced need for anti-inflammatory, analgesics and antibiotics medications. This presentation deals with the protocol of harvesting and preparation of PRF as well as its clinical applications and benefits to the patient and clinician.

drramesh3153@gmail.com