

## FLOW CHARTS.

### Flowchart 1.

*Step by step approach for the preparation of L-PRF (simple chair-side procedure),*

#### **Protocol for preparation of L-PRF clots:**

- Venepuncture: collect 4 to 8 9ml tubes of blood.
- Tubes have to be in centrifuge within 60 seconds (*centrifuge often loaded step wise with 2 tubes at the time and with centrifugation in between collection of new tubes*).
- Centrifugation at 400g RCF, (2700 rpm using the IntraSpin™ centrifuge, *Intra-Lock, Boca Raton, FL, USA*) for at least 12 minutes (*start timing after loading the centrifuge with last 2 tubes*).
- After  $\geq 12$  minutes centrifugation (for patient taking anti-coagulant medication 15 to 18 minutes are recommended) L-PRF clots are ready.
- Take the clots out of the tubes and separate them from the red blood cells.

#### **Protocol for preparation of L-PRF membranes:**

- Place clots in Xpression™ kit for gentle compression by gravity (*e.g. with light metal, Figure 3*).
- 5 minutes later the L-PRF membranes are ready for use.
- Membranes can be used during at least the next 2 hours, but should be prevented from drying out.

#### **Protocol for preparation of L-PRF plugs:**

- Place clots in the small cylinder of the metal box.
- Use the piston to carefully compress the clot.
- Plugs can be used during at least the next 2 hours, but prevent them from drying out.