

Platelet Rich Plasma Therapy (PRP)

Patient Information

PRP is your own blood plasma, platelets, and growth proteins. This self-derived product possesses immense capabilities related to tissue regeneration, promotes tissue healing by releasing a large amount of growth factors from the platelets in the treated area, that promote skin repairs. PRP has been used for years in orthopedics and sports medicine to aid healing of injured or damaged muscles, ligaments, tendons, joints, and pain control. PRP is widely used in aesthetics, where the natural components of your own body are harnessed to promote skin rejuvenation. By stimulating collagen, elastin, and cellular growth, as well as by improving local blood supply and hydration, your skin texture and tone should gradually improve and lead to a younger looking skin. PRP is a safe and natural process since it uses your own blood plasma cells growth factor to stimulate new collagen in the targeted areas of concern, where we want you skin to repair and rejuvenate. PRP may also be an effective alternative to hair restoration.

What will I feel like after treatment?

This treatment can improve skin texture and tone, refine wrinkles, and reduce scars such as acne or stretch marks while preserving a natural appearance. PRP can also be used to promote hair growth when injected into the scalp. Visible results may take between **2-12 weeks** and vary between individuals, depending on different factors, such as general health, age diet, smoking and skin type. One or several treatment sessions at approximately monthly intervals is usually recommended until desired result is achieved, followed by periodic maintenance or touch-up treatment at **3-12-month intervals**. After PRP is injected, some improvement is usually noticeable immediately, however, there is typically a return to your baseline within several days as the fluid portion of PRP is absorbed by your body before the complete effects of the regenerative process.

PRP Information

Avoid deep peels or resurfacing for **2 weeks** after PRP injections. For best results, we recommend an initial series of three sessions, **3-8 weeks apart**. Maintenance treatments are recommended every **6-12 months** for optimal long-lasting results. The primary risks and discomforts are related to the blood draw, including a slight pinch related to the needle insertion and possible bruising at the blood draw site. Those reactions usually pass in day or two.

Other risks or side effects are generally temporary, and injection related this may include, but are not limited to: Injection needle marks, swelling, bruising, itching, post-PRP pain, lumps/bumps, and infections.

After Care for Injected PRP

Immediately following the procedure, the most commonly reported temporary side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treat area(s). Cold gel packs/ice may be applied immediately after treatment to reduce swelling. Avoid scrubbing the injection sites for at least **4 hours**.

After care of topical applications of PRP associated with PRP hair restoration:

To maximize results: For a minimum of **5 hours** after the PRP has been applied to your skin, **DO NOT:** Wash your skin, expose the treated area/s to direct high heat, or engage in activities that will get you wet or cause you to sweat (e.g. blow dryer, sun exposure, sauna, steam room, jacuzzi, very hot shower, strenuous exercise, etc.) Starting on evening of the treatment, wash your face gently with mild cleanser twice daily. Avoid makeup for at least **24 Hours** and until healed. You may return to your regular skin care routine on the third day after treatment. For scalp applications, shampoo and condition your scalp daily starting the **First Evening** or the next morning after PRP.