



Platelet Rich Plasma (PRP) Injections/Micro-needling

Skin: Procedure information: pre and post instructions included.

Platelet Rich Plasma, also known as “PRP”, is an injection treatment in which a person’s own blood is used for skin regeneration or hair regrowth.

The blood will be drawn in our office using the same technique as having it drawn for routine lab testing. It is spun in a special centrifuge to separate its components, and to extract the most concentrated “platelet rich” portion of the plasma. Platelets are very small cells in your blood that are involved in the clotting and healing process. When PRP is injected or micro-needled into the treatment area it causes a mild inflammation that triggers a healing cascade. As the platelets organize in the treatment area, they release several enzymes, growth factors (GF), chemokines, cytokines and other plasma proteins promote tissue healing. This including attracting stem cells and releasing growth factors to repair damaged tissue. As a result, new collagen and elastic fibers begin to develop. As the collagen matures, it begins to shrink, causing a tightening and strengthening of the tissue in the treated area. When treating injured or sun and time damaged tissue, a remodeling of the tissue to a healthier and younger more elastic state occurs.

Treatment results are generally visible at 4 weeks and continue to improve gradually over 4 months when PRP is used alone or synergistically with fillers, lasers and clinical micro-needling skin pen (aka micro-needling). Most treatments require 60-90 minutes including the drawing and processing of your blood. Generally, 3-6 treatments are advised at intervals (4-6 weeks) suited to the patient’s clinical skin and tissue health. Touch-up treatments may be done once a year after the initial series of treatments to boost and maintain the results. Significant results can last as long as two years.

End results depend on many factors, including the aggressiveness of the treatment, adherence to post treatment care regimen, proper nutrition, and good general health. The most important being the degree of cumulative sun and environmental damage to your skin and tissues.

Treatments are designed to maximize the results of the treatment within safe and predictable parameters. The number of treatments needed cannot always be accurately predicted, even under the best of circumstances. Appropriate intervals between treatments are needed to allow the healing process to complete the cycle. The next treatment is then decided upon, given the results of the previous one.

Good general health is the key to excellent and predictable outcomes by supporting your cells to work well and promote healing.

Any successful skin rejuvenation treatment is cumulative in the overall improvement of skin health, and therefore the skin's appearance.

PRPs safety has been established for over 20 years for its wound healing properties. Its proven effectiveness has extended across multiple medical specialties including cardiovascular surgery, orthopedics, sports medicine, podiatry, neurosurgery, dermatology, urology, dental and maxillofacial surgery as well as aesthetic applications. PRPs use in wound healing, aesthetics and skin rejuvenation began in approximately 2004 in Europe and Asia. Areas typically treated for aesthetic purposes, volume restoration, and skin rejuvenation include the face, neck, lips and back of the hands. PRP is also used to stimulate hair growth in various forms of alopecia in both men and women. Because it is enriched plasma derived from one's own blood, it is considered safe and effective for almost all skin tones and is virtually allergy free.

BENEFITS:

PRP has been shown to have overall rejuvenating effects on the skin including:

- Improving skin texture to a more youthful appearance
- Decreasing the appearance of fine lines and wrinkles
- Increasing tissue volume via production of collagen and elastin.
- Diminishing and improving the appearance of scars
- Improved texture and thickness to skin damaged by radiation therapy
- Minimal down time and short recovery period
- Very low risk
- No general anesthesia required

CONTRAINDICATIONS

There are very few contraindications to receiving PRP for aesthetic procedures. Parental consent is required for those under 18 years of age. I have been advised by my clinician the following conditions are contraindicated for PRP treatment. I have been given the time to ask questions regarding contraindications and understand fully. By signing the consent form below I state, I do not have any of the following or taking medications that is contraindicated.

- Cancer, chemotherapy treatments
- Acute or chronic infections, sepsis
- Abnormal platelet function or blood disorders
- Skin diseases or allergies
- Any severe metabolic or systemic disease
- The use of blood thinners or systemic corticosteroids

RISKS AND COMPLICATIONS

Potential side effects include:

- Pain, bleeding, and/or bruising at the injection site
- Flushing of the skin, swelling, itching
- Allergy to the anticoagulant solution used to process the blood.
- Injury to a nerve and/or muscle
- Infection as with any type of injection
- Dizziness or fainting
- Nausea or vomiting
- Minimal effect from the treatment

Remember, your own tissue will rarely if ever, do you harm.

I have been advised by my clinician the risk and complications when receiving PRP treatment. I have been given the time to ask questions regarding risks and complications and understand fully. By signing the consent form below I state, I fully understand all risks and complications.

ALTERNATIVES to PRP

- Do nothing
- Injections with neurotoxins
- Injections with dermal filling agents
- Laser and light-based treatments
- Chemical peels
- Surgical intervention
- PRP injections in combination with any of the modalities listed above

RESULTS:

Each person has a unique response to PRP treatments. The outcome is generally very positive, but patience is necessary. The regeneration process can take months and multiple treatments may be required to achieve optimal results. Initial results are usually visible at 4 weeks, and texture and tone continue to improve gradually over the ensuing 3-6 months.

Areas that respond well to skin rejuvenation include:

- Skin around the eyes
- Cheeks and mid face
- Neck
- Jaw line
- Décolletage and chest
- Back of hands, arms
- Lips
- Head to stimulate hair growth in scalp

Advanced wrinkling cannot be reversed, and only minimal improvement is predicted in persons with drug, alcohol, or tobacco usage. Severe scarring may not respond. Current data shows results may last 18-24 months. Of course, all individuals are different, so there will be variations from one person to the next.

Pre-Procedure Preparation

5-7 days before treatment

Stop taking supplements that increase bruising and bleeding

- Green tea
- Omega supplements (fish oil)
- Evening Primrose oil
- Garlic
- Echinacea
- St. John's Wort
- Vitamin E

Stop taking medications that increase bruising and bleeding such as non-steroidal anti-inflammatory medication after consulting with your medical practitioner.

- Nurofen (ibuprofen)
- Voltaren (diclofenac)
- Naproxen (naproxen)
- Aspirin (acetylsalicylic acid)

Keep hydrated by drinking plenty of water leading up to your procedure

Always consult your medical practitioner if you have any questions or concerns.

After your procedure care:

Home care:

Day 1-2 post treatment

Cleanse face then apply Oleo gel (white cream in container provided) in the morning and evening.

Day 3-7 post treatment

Cleanse face then apply K-Cutic cream (cream color cream in container provided) in the morning and evening. Day 3 apply face mask provided.

You can resume normal skin care routine after day 7

PRP is also a very safe procedure with minimal risk of aftereffects or side effects.

You may experience swelling or redness at the treatment site or bruising or tenderness for a short time afterwards. This will pass quickly and should leave no long-term effects.

The skin around the face is thin and sensitive. Even though PRP skin treatment is perfectly safe and non-invasive, there is a chance you may experience some form of aftereffect.

We do everything we can during PRP skin treatment to avoid discomfort or leaving signs of treatment, but everyone is different.

To help promote fast healing after PRP skin treatment, we recommend doing the following:

- Avoid exposing the treated area of skin to direct sunlight for 24 hours
- Avoid alcohol and smoking for 24 hours
- Avoid strenuous exercise for 12 hours
- Avoid touching the treatment site for as long as possible
- Avoid makeup for 12 hours. Mineral make up may be worn 24 hours later.
- Avoid using active skin care products such as AHA, retinols or products containing vitamin A, C for 5-7 days. SPF 30-50 must be applied to treated area.
- Avoid any other skin treatments that would impact the treatment site for a minimum of 14 days. If you're planning any other skin treatments such as chemical peels, skin resurfacing, fillers or anything else, please discuss it with our team during your appointment.