

Platelet-rich plasma (PRP) is a concentrate (solution) isolated from your own whole blood with the red blood cells removed leaving plasma rich in platelets. Platelets contain growth factors and other healing chemicals that stimulates tissue repair through collagen production and other methods and helps reduce hair loss or stimulate hair growth. It has been used since the 1970's for soft tissue, joint and surgical healing and now more recently for skin rejuvenation and hair loss therapy.

The goal of PRP therapy for skin rejuvenation is to improve collagen and elastin content, skin texture and elasticity. PRP can treat dark circles/hollow tear troughs under eyes, nasolabial or marionette lines, crepey to mildly wrinkled skin on face, neck, chest, hands, stretchmarks (usually in combination with another therapy). For hair restoration, PRP therapy can stimulate inactive hair follicles into an active growth phase in those who have thinning hair, androgenic alopecia or to provide an enriched environment after hair transplant. The exact mechanism of how PRP works is not fully understood. Often PRP therapy is combined with other treatments for skin rejuvenation such as fillers, resurfacing and Botox™ Cosmetic. For hair loss/thinning, PRP is often combined with medications such as Minoxidil (stimulates hair regrowth) and DHT blockers (dihydrotestosterone – a hormone which, when present, can cause hair follicles to shrink) or used after a hair transplant to support/encourage growth. Treatment with PRP should be initiated early in the skin rejuvenation process or the hair thinning/loss process. PRP is not indicated for deep wrinkles, skin laxity and significant volume loss nor is it indicated for long established hair loss other than after hair transplant.

Most indications for PRP require **three treatments four to six weeks apart**. Improvement may be seen as early as three weeks and can take three months for collagen regeneration and other growth factor effects or longer. Some may require less treatment to see improvement, others may require more treatments. After a series of treatments results may last up to 12 to 18 months. To maintain results a treatment is recommended every 9 to 12 months. Treatment involves collecting your blood then injecting the isolated PRP into the treatment area. After skin resurfacing, the PRP solution may be painted over the treatment area to enhance results and decrease healing time. Combining with medical-grade skincare or light therapies may enhance results. ***Results vary between individuals. Some exceed our expectations, others respond below expectations. Good results are expected, focusing on improvement and not perfection. Everyone is unique and it is impossible to guarantee results.***

Other options for skin issues include **filler, Botox, chemical peels, radiofrequency skin tightening, resurfacing or surgery**. For hair thinning or loss, medications, light-based treatments or hair transplant surgery are available. **Not having a treatment** is also an option. There may be options not listed.

PRP is **not recommended** if you are breastfeeding, pregnant, have a blood condition especially involving platelets or fibrin, recent blood transfusion, if you have a history of keloid scarring, collagen vascular diseases such as scleroderma or if you have cancer. Avoid treatment in areas where there is skin cancer, precancerous skin lesions, skin infection/or chronic skin condition (eg eczema, psoriasis) at the site of treatment. If you have hemophilia, infectious diseases or liver function issues, PRP may not be indicated. Bleeding disorders or blood thinners make you more prone to bruising. Smoking/second-hand smoke interferes with healing and may increase the risk of all side effects especial infection or produce poor quality PRP. Chronic medical conditions such as diabetes, lupus, rheumatoid arthritis, HIV or other immunosuppressive conditions or medications may increase your risk of infection and other side-effects. If you have any of the above issues there may be a decreased or lack of response to treatment. ***PRP treatments are not recommended if you have unrealistic expectations such as "perfect" results or "completely cure" the condition being treated.***

Injection-related side effects can include:

- **bleeding/bruising** are usually minimal. **Mild to moderate discomfort, swelling, redness, ne marks/small scabs** may take a few minutes to a week to resolve. Skin discolouration is uncommon but possible.
- **cold sores** can be triggered if you have a history of cold sores **in the treatment area** and rarely if you don't have a history. *Medication can be prescribed to limit or prevent them.*
- a higher risk of **infection** if you have had facial implants, permanent/semi-permanent treatments, smoke or are on immunosuppressant medication.
- **asymmetry**; Faces are naturally asymmetrical. The focus is on improvement not perfection.
- **allergic reactions** are not a concern because it is your own blood being used.

For all PRP therapy you should:

- avoid aspirin (other than if you are taking it for a known heart condition), advil, motrin, ibuprofen, naproxen, voltaren and other anti-inflammatory medication for at least three days and ideally for seven days before your procedure. We want inflammation as this is one mechanism of how PRP may work. After treatment, avoid the above medication for three to seven days. You may take Tylenol/acetaminophen.
- discontinue vitamin E, vitamin A, ginkgo, garlic, flax, cod liver oil, essential fatty acids or any other natural blood thinners for at least one week before your treatment and for one week after treatment.
- increase your **fluid intake** for the two days before your session (eight glasses/day) to enable easier collection of the blood sample. As well, eat a normal breakfast and lunch the day of treatment.
- avoid alcohol for three days before treatment and if possible stop smoking or limit smoking for three days prior to treatment and similarly for both alcohol and smoking for three days after treatment. Excessive alcohol use, especially if often or chronic, adversely affects the quality of PRP.
- inform us if you have any upcoming events because bruising is a possibility after treatment.
- confirm your treatment budget with the doctor prior to treatment.
- limit sun exposure on the treatment area for two days before and after treatment and avoid exercise for the rest of the day.

For PRP therapy for skin rejuvenation you should:

- have a skincare and mineral cosmetic makeup consult (complementary) for use after treatment.
- consider applying numbing cream for at least 30 minutes prior to your treatment
- you may wash the treatment area with gentle cleanser and wear high quality mineral makeup the following day. Do not wear makeup immediately after treatment as this may increase risk of infection.

For PRP therapy for hair thinning/loss you should:

- wash your hair the night before or morning of your treatment. You may shampoo the next day.
- it is fine to colour your hair up to three days before the procedure and wait three days after the procedure to colour your hair.
- you may wear a clean hat immediately after the procedure if you wish but no hat is preferable.

After your treatment:

- contact the clinic if you have any questions about your treatment or if you develop any of the complications. ***We are here to help you and want your experience to be a pleasant one.***