

## Platelet-Rich Plasma Injection Treatments

### **Procedure Overview:**

- 1) We collect about 1 tube per affected area using RegenKit® technology through a simple blood draw from the arm or hand.
- 2) Then, the sample is taken to our lab and is spun in a centrifuge to separate plasma and platelets from the remaining cellular components (red and white blood cells).  
**Platelets** contain the essential growth factors involved in the building of new cells, tissue repair and the stimulation of the production of collagen.  
**Plasma** is the liquid component of blood that contains all the nutrients, vitamins, hormones, electrolytes and proteins needed for cells to survive.
- 3) Once the PRP is separated, it gets drawn into syringes with a small fine needle or cannula connected to be injected into the desired area(s).
- 4) The injections are rather painless and tolerable. However, for the patient's comfort, ice is applied a few minutes prior is the patient prefers. However, we recommend not icing as it is known to decrease effectiveness by reducing inflammation needed for healing cascade. Topical numbing is available but will require an additional 30-45min and should please be noted at the time of scheduling/consult.
- 5) Once PRP is injected, a mild inflammatory response triggers a healing response. The platelets release enzymes to promote healing and attract stem cells to repair the affected area(s). New collagen and elastin fibers starts to build and once it matures, shrinks, resulting in tightening and strengthening of the treated area(s).

The full procedure takes approximately **1 hr** depending on the area(s) being treated.

### **PRP Injections for the Skin Rejuvenation:**

Platelet-rich plasma can be injected under the surface of the skin to help rebuild collagen and fat due to volume loss (cheeks, under the eyes, etc.), fills in wrinkles/lines, lifts and improves the appearance of scars, stretch marks and skin texture as it regenerates and rejuvenates.

The PRP "Facelift" is when plasma is injected into areas commonly filled with dermal fillers (cheeks, under the eyes, temples, etc.), which can be well complemented with fillers during your treatment for an accelerated result. This natural approach creates a youthful appearance.

### **PRP for Hair Restoration:**

Platelet rich plasma can also be injected into the affected area (scalp, eyebrows, etc.) to stimulate and activate the production of dermal papilla cells. The special cells within PRP promote tissue healing and revive by stimulating inactive or new hair follicles into an active growth phase. Results are best when the treatment area is thinning with "active" hair growth/ PRP has been found to be beneficial for alopecia, hereditary hair loss, hormonally-induced hair thinning, and male pattern baldness. Treatments can be performed with injections or microneedling alone, but the results are better when combined together.

**Pre-Treatment:**

- To minimize bruising and swelling, avoid the use of Vitamin E, Green Tea, Fish Oil, Aspirin and Non-Steroidal Anti-inflammatory drugs (NSAIDs = Aleve, Naproxen, Advil, Ibuprofen, etc), ideally, discontinue these medications 2 weeks before the procedure (Tylenol is OK).
- Arrive well hydrated for your appointment for your blood draw.

**Post Treatment:**

- The skin may feel warm or tingly for several hours post treatment. Do not apply ice after the treatment unless needed for pain or otherwise directed as this decreasing swelling and the effect of the treatment.
- Redness is expected and is not an allergic reaction
- Continue to avoid the use of Vitamin E, Green Tea, Fish Oil, Aspirin and NSAIDs until all bruising and swelling has resolved (Tylenol is OK).
- You may also notice some very slight swelling that should subside after a few days. Sleeping elevated (avoiding sleeping on the treated area for 48hrs) and limiting salty foods for 3 days post procedure helps to reduce swelling
- A small amount of bleeding from the injection sites during the procedure may lead to bruising. Most skin bruising and firmness should typically subside in 5 days- 2 weeks. Some areas like the under eyes are more prone to swelling and bruising.
  - A very good coverup is Circle Delete by Jane Iredale
  - Topical arnica gel or oral homeopathic arnica
- The treatment area(s) may be gently washed a few hours after treatment, avoiding aggressive scrubbing or rubbing
- Take precautions against sun exposure.
- Do not apply sunscreen or make-up 12 hours after the procedure

**Results and Expectations:**

Although patients may note improvement immediately after injections, results from PRP are gradual as the tissue heals. Generally, one can expect to see visible results as early as 3 weeks. Results continue to improve over the next 3-6 months with texture and tone. Although results may vary from patient to patient, the general treatment process is 3 treatments 3-4 weeks apart with potential maintenance treatments needed for optimal results (1-2 treatments/year). This is considered a cosmetic procedure and is not covered through insurance.

**Contraindications:**

PRP injections are very safe and carry little to no risk. If pregnant or breastfeeding, please consult with your OB/GYN prior to being treated. Contraindications for receiving a treatment include acute or chronic infections, hypersensitivity to any of the materials used during the injection, hepatitis, severe metabolic and systemic disorders, abnormal platelet function/blood disorders, receiving anticoagulation therapy, currently have cancer and/or receiving chemotherapy, and/or systemic use of corticosteroids within two weeks of the procedure.