

## PRP - Unleash Your Bodies Potential

### What is a PRP treatment?

PRP is short of Platelet Rich Plasma. Platelets are associated with clot formation and healing due to the fact they are extremely rich in growth factors. Injecting these concentrated growth factors into the scalp, dermis of the face and damaged ligaments, tendons, and joints stimulates a natural repair and growth process. PRP recreates and sparks the body's natural healing ability. The platelets are concentrated when the patient's own blood is drawn and isolated into a rich plasma solution through the use of a centrifuge.

### What is the process?

Blood is first drawn from the patient and placed into a special centrifuge which separates the RBCs, and the remaining platelets and plasma into a concentrated solution. The red blood cells are discarded, and the resulting platelet concentrate is used for treatment. While the blood is spinning in the centrifuge (about 8 minutes), the treatment area is numbed and prepped for the procedure. The entire treatment, from blood draw, to solution preparation, to injection, takes 30-60 minutes depending on the area being treated.

### Are there risks?

There is a risk of infection, bleeding, and nerve damage just like with any procedure involving a needle puncturing the skin. Other complications, though rare, can occur depending on the area being treated, and will be discussed by your doctor before starting treatment. Because PRP uses your own blood, allergic reactions are not a concern.

### Who shouldn't receive PRP?

- Heavy smokers, drug and alcohol users
- Platelet Dysfunction Syndrome
- Critical Thrombocytopenia
- Hypofibrinogenaemia
- Haemodynamic Instability
- Sepsis
- Acute and Chronic Infections
- Chronic Liver Pathology
- Anti Coagulation Therapy
- Person with Skin Disease or Cancer
- Severe Metabolic and Systemic Disorders.

### What is the success rate?

80-85% is the average success rate with PRP therapy but the area being treated and current medical condition weigh heavily on the outcome.



### **How many treatments are needed?**

This depends upon the health and age of your skin, amount of determination of your joint, extent of hair thinning and of course current medical condition. For aesthetics on average 2-3 treatments, 4-6 weeks apart is used to improve collagen production. For hair re-growth 3 treatments spread out over 6 weeks is required. For joint injections after the initial treatment, a follow up visit is scheduled 6-8 weeks later to check on the healing progress. Some patients respond very well to just one treatment. However, typically 2-3 treatments are necessary. Injections are given every 8-12 weeks. Muscular pain injections can range from one treatment to several depending on each patients condition.

### **What can I expect from aesthetic treatments?**

Aesthetic results are visible at three weeks and improve gradually over ensuing months with improvements in texture and tone. Skin care, Viora treatments and IV nutrition can enhance the results. In cases of advanced wrinkling and heavy drug, tobacco and alcohol use minimal improvement can be expected.

Results are NOT immediate. Swelling from the fluid is what you will see initially and once the swelling has subsided you will not see much change at all. Over a few weeks the platelets will stimulate the growth factors which will stimulate collagen growth and the results becoming more apparent.

### **How many injections do I need for hair regrowth and how is the procedure done?**

Patients will usually require a total of three injections with one injection every two weeks. Multiple injections are made throughout the balding area with a final topical micro needling technique being implemented to increase the proliferation of hair follicles. Many patients experience significant improvement after just one treatment. This is a great pre treatment for hair transplantation as it improves the bodies ability to accept the transplanted hair follicle.

### **How long will results last?**

The results of a full course of treatments can usually last up to 18 months with touch-up treatments being given every 3-6 months depending on the area being treated.

### **Will this procedure hurt?**

Local numbing medication is used to make this procedure as comfortable as possible. Despite this, it is not uncommon to experience aching pain for a few days following the procedure.



**Are there any medications and activities I should avoid after a PRP injection?**

Patients should avoid using anti-inflammatory medications such as ibuprofen or naproxen five days before the treatment and for the duration of treatments. These medications will counteract the effects of PRP. Activities may be limited, but this should be discussed on a case by case basis.

**Pre Treatment Instructions**

It is highly recommended for one week prior to the procedure to discontinue the use of nonsteroidal antiinflammatory medications (NSAIDs), such as aspirin, ibuprofen-containing products, such as Motrin® or Advil®, and naproxen (Aleve®), as they may adversely affect the treatment outcome.

**Pre Treatment Instructions**

Some patients do report increased pain in the treatment area during the following week due to the accelerated healing process, this can be addressed with ice, heat, elevation, and acetaminophen (tylenol). We recommend not overexerting the area once the procedure is done and for the rest of the evening to allow the concentrated platelets to adhere to the injured area. Most patients can expect to return to their jobs and light activities the following day after the treatment. Many people report significant or even complete relief after the first injection however up to three injections may be administered within a 6-month period if needed.

**“You are your most important asset... Invest in Yourself.” ~ Dr. Ivan Rusilko**