



PLATELET-RICH PLASMA THERAPY

Platelet-rich plasma (PRP) therapy involves the collection of your blood (approximately 8–16ml) which is spun using a centrifuge to separate out the plasma and platelet portion. The PRP portion of your blood is then injected back into your skin to stimulate new collagen production and to re-energise your cells into rejuvenating themselves. The product injected is 100% your own blood by-product.

Whilst PRP therapy stimulates your skin to grow new, younger tissue, it does not prevent muscle movement or resurface the skin. Most patients see best results when combining their PRP treatments with other anti-ageing procedures such as anti-wrinkle injections or dermal fillers.

This information sheet outlines the suggested treatment, its risks, and pre- and post-treatment care instructions. It is important that you read all information carefully and completely. Your doctor/nurse may provide you with additional or different information which is based on your particular case.

TREATMENT AREAS

- Tired and dry skin
- Uneven skin tone
- Wrinkles, lines and sun-damaged skin on the neck, chest and décolletage
- Lax skin around the face, jawline and neck
- Dark circles or crinkling around the eyes
- Hair thinning
- Hand, arm and post-baby tummy rejuvenation

CONTRAINDICATIONS

You should not have PRP therapy if you have any of the following:

- Facial cancer (past or present) including basal cell carcinoma, squamous cell carcinoma or melanoma
- Systemic cancer
- Chemotherapy
- Steroid therapy
- Dermatological diseases affecting the face (i.e. Porphyria)
- Blood disorders or platelet abnormalities
- Anticoagulation therapy (i.e. Warfarin)

PRE-TREATMENT

A full consultation is required with your doctor to decide if PRP is the right treatment for you. For optimal results and to decrease the chance of bruising at the draw site, please avoid all blood thinning medications and herbal supplements for one week prior to your appointment, including:

- Green tea and garlic
- St John's Wort
- Vitamin E and fish oils
- Evening primrose oil
- Ginkgo Biloba
- Echinacea
- Nurofen, Voltaren and Aspirin (after consulting your GP)



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SIDE EFFECTS

The injection and/or topical application of PRP are very safe because the injected substance is derived from your own blood. There are no preservatives used in PRP so there is no chance of your body rejecting the cells. Thus, no allergy testing is required. 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 a day or two.

Other risks or side effects are generally temporary and injection related. These may include, but are not limited to:

- Injection needle marks which are not unusual and resolve quickly or within a few days.
- Swelling for up to 24 hours which can be treated with ice or cold packs for 5-15 minutes per hour.
- Bruising for up to 7-14 days which can be covered up with make-up. Avoid aspirin, anti-inflammatory medications (i.e. Ibuprofen), blood thinners, herbal supplements, vitamin E and fish oil for at least one week prior PRP therapy to minimise bruising risk.
- Itching is not common, but if occurs, is temporary and may be treated with over the counter anti-histamines.
- Lumps / bumps and tenderness generally subside within a few days to a couple of weeks.
- Infection is extremely rare, but if occurs, may require treatment including topical and/or oral antibiotics.

POST-TREATMENT

After the initial 2-3 treatments carried out monthly, your skin will continue to improve over the next few months with increased thickening of the skin and improved hydration. A maintenance treatment is recommended every 12 months. Results are dependent on your overall health and nutrition. Remember that smoking and alcohol consumption can shorten the life of cells.

AFTERCARE

- Apply cold gel packs/ice immediately after treatment to reduce swelling.
- Avoid alcohol consumption for a minimum of 6 hours and refrain from taking blood thinners such as Aspirin and NSAIDS for several days. Tylenol is recommended if needed for discomfort.
- Avoid touching or scrubbing at the injection sites for 24 hours after treatment.
- Sleep on your back with your head elevated and avoid rubbing the treated area for 2 weeks.
- Avoid direct high heat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) for 24 hours after treatment.
- Make-up may be applied immediately after the treatment if desired.
- No facials, facial massages, or laser treatments for 2 weeks. Anti-wrinkle injections may be administered immediately before or after.

If you have any questions or concerns, please call us on 6228 0041.