

Patient Information PRP

What is PRP?

Platelet rich plasma (PRP) is an autologous concentration of human platelets in a small volume of plasma. Treatment with PRP has been widely used in the past decade in various forms of therapy; orthopaedics; plastic surgery; chronic wounds; dentistry; and aesthetics. Accumulating data in the literature demonstrates the ability of PRP to cause stimulation and acceleration of bone and soft tissue healing and regeneration.

How does it Work?

The biological mechanism that underlies the PRP treatment technology comprises a multistep wound healing process initiated by platelets. Upon injection the platelets form a bio-active platform of fibrin clot. Followed by the release of numerous active proteins that facilitate the wound healing cascade, stem cell proliferation and tissue remodeling. These proteins are concentrated growth factors that are released by the proteins to the treated area. The growth factors, when released, promote tissue repair, angiogenesis (capillary formation) and collagen production.

Used to Treat

- Autologous PRP is being widely used for as an effective alternative for dermal volumetric regeneration and rejuvenation.
- PRP is particularly effective for the fine wrinkles under the eyes
- Treating wrinkles in other areas of the face and neck
- Acne scars
- Sagging skin
- Eye bags
- Décolletage
- Back of hands

Am I Suitable for Treatment?

Not everyone is suitable for this treatment. The doctor will take a detailed medical history to ensure you have no conditions that might increase risk of unwanted side effects, consultation is also important to discuss your expectations and whether or not this treatment is able to meet them. Some exclusions are listed below:

- Under 18 years of age
- Active infection/inflammation at or near the site of injection
- Immunocompromised or on immunosuppressant medications
- Platelet dysfunction syndrome/ abnormal platelet count
- Recent use of corticosteroids
- Recent use of NSAIDs and anticoagulation therapy
- Some cancers
- Haemodynamic instability
- Septicaemia

If you are unhappy with PRP treatment you have received elsewhere, it may not be appropriate for another practitioner to use PRP treatment, without a referral letter. It is important the risks do not outweigh the benefits and a good outcome is achievable.

Does it Hurt?

The treatment is administered by injection, but topical anaesthetic can be used to numb the skin. Your doctor will discuss options for your comfort at consultation.

Before Treatment

All make up will need to be removed prior to treatment, so please come 'fresh faced' if possible. Alcohol, aspirin, Ibuprofen and a range of dietary supplements including; St. Johns Wort, fish oils, Ginkgo Biloba, Vitamins C and E- may all contribute to bruising and are best avoided 24 hours before treatment. If you are taking aspirin for a medical condition, please discuss whether it is advisable to stop this with your prescribing doctor. Treatment cannot be administered if there is an active skin infection. Do contact the clinic to discuss any illness or new medicines prior to attending.

How Long will it Last?

The regime and timing interval will depend on the age of the patient and condition being treated. Following an initial course of treatment, maintenance treatments are usually required on a yearly basis.

Aftercare Advice

- Some will have some redness, pin prick marks, possibly swelling- particularly around the eyes and neck. Possibly bruising. Any swelling and bruising may be more apparent the next day.
- Make-up should not be worn for 12 hours
- You are advised to avoid alcohol, vigorous exercise, sun bathing, and extremes of heat or cold for 14 days post treatment. These activities have been found to increase and prolong swelling.
- Swelling may worsen in the first 24 hours, and then should settle within the first few days.
- Bruising may take a few days to appear, arnica can be helpful in clearing bruising. It is advisable to avoid aspirin and alcohol for 12-48 hours after treatment. Tenderness should settle as swelling goes down.
- Please contact your doctor if redness, tenderness, itching or swelling worsens after 3 days, rather than settling.
- Please do not hesitate to contact us if you have any concerns.
- Anaphylaxis (a severe allergic reaction) is a rare life threatening reaction and requires immediate medical attention. Symptoms of a severe allergic reaction can include shortness of breath, wheezing, coughing, difficulty swallowing, swelling of the tongue, eyelids, lips, hoarseness of the voice, stomach pain, nausea or diarrhoea. If you have any of the above symptoms, please report to your nearest Accident and Emergency Department or call 999 for an ambulance.