

## Platelet Rich Plasma (PRP)

PRP injection is a modern technology used in the treatment of many conditions and since it is from the blood of the same person it is considered one of the safest and most effective natural remedies with minimal complications or side effects.

When an injury occurs in the human body, the body sends an amount of platelets to the site of the injury to begin the healing process and activate the cells there to repair what is damaged by the injury. Scientists have considered using a greater concentration of platelets in plasma to treat many injuries and diseases that the body was taking too long to recover from or that it had not completely recovered.

The use of platelet-rich plasma injections has revolutionized the treatment of many conditions that affect the body (skin problems, eye operations, vertebrae, bone and joint problems) with great success.

### Platelet rich plasma is used to treat many skin problems:

- Facial rejuvenation
- Hair loss
- Dark circles under the eyes
- Acne scar as adjuvant therapy
- Treating mild wrinkles and fine lines
- Signs of aging and sagging skin
- Rejuvenation of the visible hands, neck and upper chest

### What is platelet-rich plasma injection?

Blood consists of a liquid (known as plasma) in which red and white blood cells and platelets swim. Platelets play a major role in the treatment of infections in the body, as platelets begin the process of blood clotting. Platelets also contain many proteins, which are called "growth factors" that are secreted

- It helps in the healing process of injuries
- It helps the growth of new blood vessels and stimulates tissue healing
- These substances also attract stem cells to the site of injury and stimulate their division and activity.
- Stem cells are primitive cells that have the ability to divide and multiply to give different types of specialized cells, such as skin cells, cartilage, and bone. These stem cells are responsible for replenishing the damaged cells, which leads to the production of new cells and tissue regeneration
- Naturally increases skin elasticity and collagen production
- Skin is rejuvenated, thereby reducing fine lines and wrinkles, for a youthful, radiant complexion

### The method used

1. A small amount of blood is taken from the person (approximately 8-10 ml) and put it in a tube intended for this purpose (sterile and holds American, Swiss and French registration certificates).
2. This sample is then prepared with a centrifuge that separates the red blood cells from the plasma. As a result of this procedure, we obtain platelet-rich plasma (PRP). This procedure takes a few minutes (approximately 9 minutes).
3. After that, the doctor injects this platelet-rich plasma into the places that need treatment, as it stimulates the stem cells responsible for regenerating the damaged cells, which leads to the production of new cells to the body and tissue regeneration. It also helps stimulate collagen, promote the growth of new blood vessels, and stimulate wound healing.

**Before the PRP treatment session**

- Avoid taking aspirin or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil, Fish oil, Ginko Biloba, and high doses of vitamin E for 7-10 days prior to procedure, as these may cause increase risk of bleeding and bruising at the treated site(s).
- Regular multi-vitamin and Paracetamol is permitted (If not contraindicated).
- Avoid alcoholic beverages for 24 hours prior to procedure as this can increase the risk for bleeding and bruising at the treated site(s).
- Avoid waxing, bleaching, tweezing, or the use of hair removal creams in the area(s) to be treated.
- Come with face clean to the appointment (i.e. no makeup)!
- Take two Paracetamol tablets (if not contraindicated) 1 hour prior to your appointment to help with any discomfort you may have, if you have concerns about discomfort.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform the doctor one week prior to your appointment; this will allow us adequate time to prescribe anti-viral medication.
- Schedule your appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Results will take 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period.
- Sunburn skin is difficult to treat so avoid exposure to the sun.
- Eat a small meal or a snack before your appointment. This will decrease the chances of lightheadedness during your treatment.
- Always inform your doctor of medical history and all medications, including supplements you may be taking
- If you are taking prescription blood thinners such as Warfarin or Plavix, you should check with the prescribing doctor to see if you are able to stop these medicines for 7-10 days before your appointment and at least 2 days after the procedure has been done.
- If you use creams with Vitamin A (Retin-A, Differin, Acretin, SureCure ..) → Discontinue 2 days before and 2 days after treatment.

**After the PRP treatment session**

- You may apply makeup immediately following your treatment.
- Avoid facials and saunas the day of treatment.
- Do not take aspirin, voltaren or ibuprofen for 24 hours after treatment.
- Can take Paracetamol for any headaches.
- Mild pinprick bleeding, mild swelling or bruising may rarely occur, and this is temporary.
- To help with swelling and bruising you may use arnica (cream or gel), along with aloe, vitamin E and fresh pineapples!
- Remember your sunscreen every day.

**\*Results and benefits can vary and are different for each individual. Therefore our Clinic cannot guarantee specific results.**