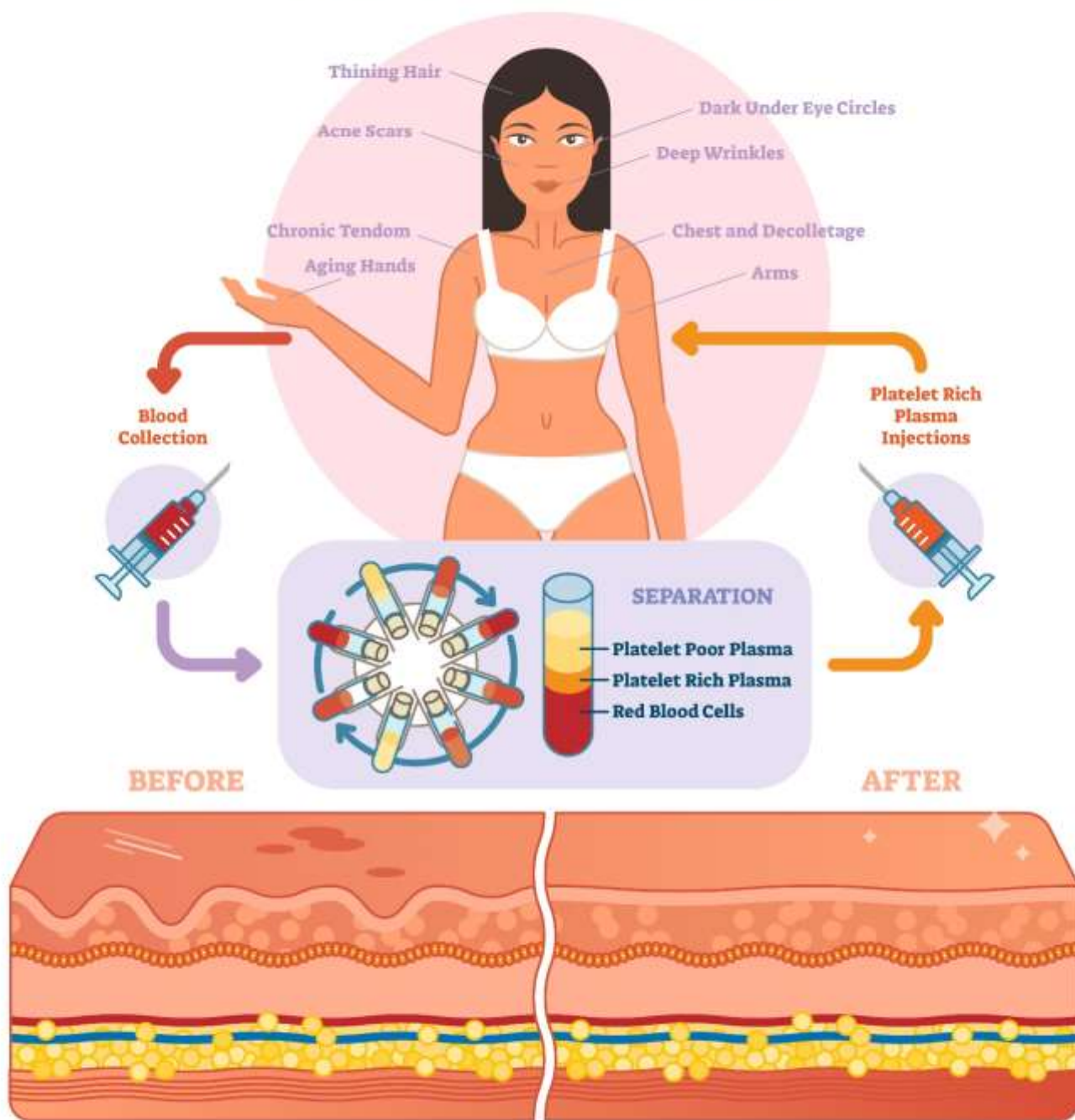


Aesthetic Complications Expert Group Platelet Rich Plasma Treatments

PRP PROCEDURE





Patient Information Leaflet

Platelet Rich Plasma

When considering **Platelet Rich Plasma** treatment, we want you to have a safe treatment. Some risks are unavoidable and out of your control, but the following information should allow you to know what to expect and what you should ask of your practitioner.

What is Platelet Rich Plasma (PRP)?

Due to the incredible rejuvenation potential of Platelet Rich Plasma, it has been used in many aspects of medicine for many years, including orthopaedics, sports medicine, dentistry and surgery.

In cosmetic medicine, it is also known as the 'Vampire Face Lift' or 'Dracula Therapy' and it can be used on any part of the body where repair, rejuvenation and improvement are required. It is particularly suitable for around the eyes and lips (where other treatments are more problematic), cheeks, mid-face, jaw line, forehead, neck, décolletage, hands, genital region and there is evidence for its use on the scalp for hair rejuvenation. In sports medicine, PRP is frequently used to improve joint and tendon damage.

55% of blood is made up of plasma which is straw-coloured liquid rich in platelets, white blood cells, stem cells, proteins, minerals, ions, growth factors and chemical messengers. All of

which are important for healing and repair. In order to separate and concentrate the plasma, a sample of the recipient's blood is taken and spun in a centrifuge where the red blood cells sink to the bottom, the platelet poor plasma rises to the top and the platelet rich plasma lies between these layers.

Key Points:

- ✓ As PRP is using your own blood, the risk of immediate or delayed reactions are extremely rare
- ✓ Results can take several months to achieve due to the natural rejuvenation process
- ✓ More than one treatment session is required, usually 4 weeks apart
- ✓ Improvements may last several months or be permanent
- ✓ Usual activities may be resumed immediately after treatment, although certain activities are restricted post-treatment
- ✓ The procedure does involve taking blood which may be a hurdle for needle phobic people
- ✓ PRP treatment depends on many factors, including age, sex, general health, medical conditions and medication taken, so results can be highly variable
- ✓ The evidence for PRP treatments in cosmetic practice is very limited

How does it work?



Blood is taken in a similar way to having a blood test. This is then placed in a centrifuge (a machine that separates the blood into different layers) for a few minutes and the platelet rich plasma is then extracted. An anticoagulant (blood thinning agent) may be added to the mixture to prevent platelet clotting. The concentrated plasma contains key components of tissue repair and regeneration. This is then injected into the skin where it is required.

Once the PRP is introduced into the skin, it starts off the rejuvenation process. Platelets, growth factors and stem cells are essential to the body for repair and regeneration, accelerating the normal healing processes, increasing the production of collagen and elastin, initiating new blood vessel growth, stimulation of stem cells to form new tissue and producing increased support for the skin.

The whole treatment will take about an hour to perform and you will be able to return to normal activities immediately afterwards although there may be some swelling and bruising.

The results develop over a period of months, improving skin tone and elasticity. Results may be achieved after a single treatment, although most practitioners will recommend a course of treatments to produce optimum results.

What areas can be treated?

PRP can be used on skin almost anywhere on the body.

- ✓ Fine lines and wrinkles
- ✓ Dull, tired skin
- ✓ Décolletage
- ✓ Smokers lines around the lips
- ✓ Hands
- ✓ Around the eyes
- ✓ Scars
- ✓ Stretch marks
- ✓ Acne scarring
- ✓ Hair loss
- ✓ Joints/tendons
- ✓ Genital region

Does it hurt?

Generally, a topical anaesthetic cream is applied to the treatment area to minimise discomfort and local anaesthetic may also be added to the syringe prior to injection to ensure the procedure is as comfortable as possible. There may be some minor discomfort when treating sensitive areas. Most people find the procedure uncomfortable rather than painful, although certain areas, such as the scalp when treating hair loss, are more sensitive.

It is important to discuss any pain relief with the practitioner prior to treatment.

What can I expect after treatment?

You should receive a post-treatment information leaflet from your practitioner providing written advice on your aftercare and what you should do if you feel there has been a problem.

As with any injectable treatment, there is likely to be some redness, tenderness, swelling and possibly bruising. Swelling, particularly if treatment is administered around the eyes, may be quite marked in the first 24 hours and may take up to a week to settle. Due to the nature of the treatment, a small amount of bruising commonly occurs although rarely bruising may be more severe and take longer to disappear. You may also experience some bruising and discomfort from the site the blood was taken. In rare situations, you may develop some pain, tingling or numbness from nerve damage when the blood is taken which can take several weeks to resolve.

There may be some discomfort or aching after treatment which can take a few days to calm down. Painkillers can be taken after the procedure if needed although you should avoid taking aspirin or other anti-inflammatory medications prior to the PRP treatment (unless prescribed by a doctor for a medical indication) as this can increase the risk of bruising and bleeding. It is also not recommended to take vitamin supplements or certain other herbal remedies for a week before treatment.

How long will it last?

Results may not become apparent for 6 -12 weeks after treatment and may last several months or even be permanent.

Is it safe?

All treatments carry a degree of risk. All risks and complications will be discussed with you at consultation and prior to any treatment being agreed.

Since the PRP used is your own blood, the risk of disease transmission, allergic reaction, toxicity or rejection are avoided. The procedure needs to be carried out in a clinical environment and it is essential the practitioner adheres to strict infection control techniques. This is not a treatment that is suitable for non-medical practitioners, at your home or in a non-clinical setting.

Side effects include, but are not be limited to:

- ✓ Fainting if needle phobic
- ✓ Redness
- ✓ Swelling
- ✓ Bruising
- ✓ Tenderness
- ✓ Infection
- ✓ Poor results
- ✓ Nerve damage

If you develop any complication, it is essential to seek urgent advice as soon as you are aware of a problem.

Am I suitable for treatment?

There are several medical conditions and medications that may mean you are not suitable for treatment. A full medical history and assessment of your condition is necessary in advance of any decision to treat.

The following may mean you are not suitable for treatment:

- ✓ Pregnancy or breastfeeding
- ✓ Needle phobia
- ✓ Infection or inflammation at the treatment site
- ✓ Systemic illness, including coughs or colds
- ✓ Bleeding disorders or taking blood-thinning medication
- ✓ Platelet disorders or a history of low platelets
- ✓ Immunosuppression (due to a medical condition or medication)
- ✓ Allergy to anaesthetics
- ✓ Receiving chemotherapy
- ✓ Uncontrolled diabetes
- ✓ Under the age of 18 years
- ✓ Chronic disease
- ✓ Are taking Roaccutane® or have taken this in the last 6 months
- ✓ Body dysmorphia or mental illness
- ✓ Recent anti-inflammatory medication or alcohol
- ✓ Vitamins and supplements that may increase your risk of bleeding



If you are prone to cold-sores, these can be precipitated by treatment around the mouth and this should be discussed with your practitioner as medication may be used to reduce this risk.

Do not have this treatment if you are planning a social occasion in the following days as bruising may be prominent.

Vigorous exercise, sun exposure, sun beds and saunas should be avoided for 48 hours, or as advised by your practitioner after treatment.

Choosing your practitioner

Ensure you know the following information:

- ✓ The full name of the practitioner who is treating you
- ✓ Their qualification (doctor, dentist, registered nurse or other)
- ✓ Contact details (address, telephone and email)
- ✓ An emergency contact number for out of normal office hours



These are essential should you have a complaint or a problem and need to escalate it to any external authority.

Practitioners are accountable to the standards of their regulatory bodies, you can check their registration and they must hold indemnity insurance for the treatments and services they provide.



Summary Checklist

What to expect

- ✓ To have a face to face consultation with a prescribing practitioner prior to treatment
- ✓ To have enough time to consider all the information – avoid making hasty decisions
- ✓ A follow up appointment if necessary or desired

Ask questions

- ✓ What is this treatment/product?
- ✓ How does it work?
- ✓ What are the side effects/risks?
- ✓ What are the alternatives I might consider?
- ✓ What results can I expect?
- ✓ What will I look like immediately after?
- ✓ How long will the results last?
- ✓ How many treatments will I need and in what time frame?
- ✓ Are you able to treat complications, should they occur?
- ✓ What happens if I am not happy with the result?
- ✓ Is it painful? How do you minimise pain?
- ✓ What aftercare am I expected to perform?
- ✓ What will it cost and what are the payment terms?

What to check

- ✓ Check the qualifications of a Doctor www.gmc-uk.org, Nurse www.nmc-uk.org, Dentist www.gdc-uk.org and Prescribing Pharmacist www.pharmacyregulation.org
- ✓ Ask to see the unopened box of product/medicine to be used and make a note of it for future reference, should you later see another practitioner.

Be Safe

- ✓ Do not proceed with treatment if you do not feel comfortable with the practitioner
- ✓ Do not proceed with treatment if you do not fully understand the information you are given
- ✓ Take the necessary time to make your decisions
- ✓ Make a note of the practitioner's name and product used for future reference
- ✓ Ask for copies of before and after photographs for your reference
- ✓ Do not have treatment in your home, at 'parties' or exhibitions or in environments that are clearly not clean or appropriate