Platelet Rich Plasma (PRP) Information Leaflet

This leaflet provides essential information about Platelet Rich Plasma (PRP) treatment, including how it works, what to expect, potential side effects and risks, and pre- and post-treatment care instructions. It is designed to support informed decision-making.

What are PRP treatments?

Platelet Rich Plasma (PRP) uses your own blood to promote tissue repair and rejuvenation. After a blood sample is taken and processed, the concentrated platelet-rich plasma- rich in growth factors- is either injected or applied topically (often with microneedling). Treatment areas include the face, neck, décolleté, hands, and scalp, improving skin texture, reducing scars, and stimulating hair growth.

How Do PRP Treatments Work?

Blood is made up of plasma, red and white blood cells, and platelets. Platelets are responsible for releasing growth factors and cytokines - proteins that play a key role in tissue healing and regeneration.

During PRP treatment, a small sample of your blood is drawn and processed to isolate and concentrate the platelets, creating platelet-rich plasma. When injected or applied to the target area, this plasma delivers a high concentration of growth factors that:

- Stimulate collagen production
- Promote cellular repair and angiogenesis (formation of new blood vessels)
- Reduce inflammation and enhance hydration
- Support the tissue structure through fibrin matrix formation

These combined effects help rejuvenate the skin, improve texture, and support healthy hair growth.

What to Expect?

- **Consultation:** A face-to-face consultation is held separately from any treatment appointment. It includes a discussion to understand your concerns or goals, a review of your health history, and a physical assessment where appropriate. Your practitioner will explain the treatment in full, including potential risks and aftercare. You'll have time to ask questions and consider your options. Treatment will only proceed if it is clinically appropriate and in your best interest.

- **Procedure:** On the day of treatment, a small blood sample (10–30 ml) is drawn. After processing, PRP is applied via injection or microneedling, depending on the treatment area. Topical anaesthetic or cooling devices are available to enhance comfort. The procedure is performed in a clinical setting using sterile, single-use kits.

- **Post Procedure:** After care instructions are provided to support healing. Initial effects usually begin within a few weeks, with ongoing improvement over several months. Typically, 2-3 sessions spaced 4-6 weeks apart are recommended for optimal results.

Who is a Suitable Candidate?

The suitability for PRP treatment is determined during a face-to-face medical consultation at Projuvenate. This consultation includes a detailed health history and a physical examination to assess whether the treatment is appropriate for you.

PRP treatment is suitable for most individuals looking to rejuvenate their skin, reduce fine lines, wrinkles, and scars, or promote hair growth.

Contraindications and Cautions:

PRP is not suitable for individuals who:

- Are pregnant, breastfeeding, or under 18
- Have blood disorders, active infection, cancer, liver disease, or significant metabolic conditions
- Are undergoing chemotherapy or taking blood-thinners
- Are unwell (e.g., cold, fever) on treatment day

Note: Full medical disclosure during consultation is essential for safe treatment planning.

Potential Side Effects and Risks:

PRP treatment is generally safe, especially since it uses your own blood, minimising the risk of allergic reaction. However, as with all injectable procedures, some side effects and risks may occur:

<u>Common side effects:</u>

- Redness, swelling, bruising, or mild discomfort at the injection site - usually resolving within a few days.

<u>Less common risks:</u>

- Infection (e.g. increasing warmth, swelling, or pus)
- Small lumps or hematoma
- Temporary nerve irritation or tingling

<u>Rare risks:</u>

- Allergic reactions (e.g. to anticoagulants or local anaesthetic)

- Vascular compromise (extremely rare): While highly unlikely with PRP due to the injection depth and product properties, there is a theoretical risk of reduced blood flow if the product is inadvertently injected into or near a blood vessel. Your practitioner is trained to recognise and respond to early signs of this complication. If symptoms such as sudden pain, skin blanching, mottling, or unusual coolness occur, timely assessment is essential.

What to Do if You Experience a Problem

Non-urgent concerns

If you experience symptoms such as prolonged redness, excessive bruising, or discomfort, contact your practitioner during clinic hours for advice and reassurance.

Signs of infection or other complications

Seek urgent medical review if you notice:

- Increasing pain, swelling, or warmth at the treatment site
- Pus or signs of infection
- Unusual changes in skin colour, temperature, or sensation

These may indicate infection or, in extremely rare cases, a vascular issue. Although highly unlikely with PRP, vascular compromise may present as:

- Sudden, severe, or increasing pain
- Pale, blotchy, dusky, or discoloured skin
- Coolness, numbness, or delayed capillary refill in the treated area

If these symptoms occur:

- During clinic hours: contact the clinic immediately
- Out of hours: if unable to reach us, seek urgent medical attention via NHS 111 or a walk-in/urgent care centre

Medical emergency – anaphylaxis

Call 999 or go to A&E immediately if you experience any signs of a severe allergic reaction:

- Difficulty breathing or swallowing
- Swelling of the face, lips, or throat
- Sudden dizziness or fainting
- Rapid onset of rash or hives

Pre-Treatment Preparation:

To help ensure a safe and effective PRP treatment - and to minimise the risk of bruising, sensitivity, or infection - please follow the guidelines below:

- Avoid alcohol, vigorous exercise, and anti-inflammatory medications (e.g. ibuprofen, aspirin) for 24–48 hours before treatment, unless these are medically prescribed
- Arrive with clean, makeup-free skin (makeup can be removed at the clinic if needed)
- Stay well hydrated in the 24 hours leading up to your appointment
- Avoid active skincare ingredients in the treatment area for at least 72 hours, including:
  - AHAs (e.g. glycolic acid)
  - BHAs (e.g. salicylic acid)
  - Retinol or retinoids
  - Topical prescription creams (unless advised otherwise by your prescriber)
- If a topical anaesthetic is being used, please arrive at least 40 minutes early
- Allow buffer time between your appointment and major social events to accommodate any temporary swelling or bruising

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Post-Treatment Care Instructions

<u>First 24-48 hours</u>

- Avoid touching the treated area for at least 6 hours
- Avoid contact with pets or unwashed hands on the treated area for the first 24 hours
- Do not apply makeup or additional skincare products for 12 hours
- Use only products recommended or provided by your clinician
- Avoid strenuous exercise, alcohol, saunas, steam rooms, and hot showers for 24 hours
- Keep the area and your hands clean, and avoid contact with pets or unwashed hands
- Avoid direct sunlight and sunbeds for at least 48 hours
- Apply SPF 30+ daily, starting the day after treatment
- Use a cold compress to help reduce any bruising or swelling, if needed

<u>Ongoing Care</u>

- Avoid active skincare (e.g. retinoids, AHAs, BHAs, or exfoliants) in the treated area for 7 days, unless advised otherwise
- Refrain from facials, laser treatments, microneedling, or other skin procedures until your practitioner advises it's safe to resume
- Stay well hydrated and maintain a balanced diet to support recovery
- If you experience any persistent or unusual side effects, contact the clinic promptly

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Final Note

While the benefits of PRP treatments typically outweigh the risks, the procedure must be administered by a qualified healthcare professional and be tailored to your individual health status

and goals. Strict adherence to pre- and post-treatment instructions is essential for safety and optimal results.

For more information or to schedule a consultation, please contact our team. If you have any questions or concerns, we are here to provide expert care and support throughout your Projuvenate journey.

References:

1. Aesthetic Complications Expert (ACE) Patient Information Leaflet – Platelet Rich Plasma. Available at: https://uk.acegroup.online/leaflets/prp-2/

Disclaimer:
This leaflet is for informational purposes only and does not constitute medical advice. Individual results may vary. A full consultation and clinical assessment are required to determine suitability for treatment. Always follow the advice and instructions provided by your healthcare practitioner. If you experience any unexpected reactions or have concerns, contact your provider immediately. By proceeding with treatment, you confirm that you have read and understood the information provided and have had an opportunity to ask questions.