

Patient Instructions for Platelet Rich Plasma Injections

Platelet Rich Plasma, also known as PRP, is derived from the patient's own blood in the following manner. A fraction of blood (30-60cc) is drawn from the individual patient into a syringe. This is a relatively small amount compared to blood donation. The blood is spun in a special centrifuge to separate its components (Red Blood Cells, Platelet Rich Plasma, Platelet Poor Plasma and White Blood Cells).

The Platelet Rich Plasma containing monocytes and various plasma proteins are collected into a syringe. A sterile Calcium Chloride 10% and sterile Bicarbonate 8.4% solution is added in 5% volume to the syringe containing PRP. Calcium Chloride and Bicarbonate both work to activate the platelets, thus leading to liberation of growth factors and healing elements. The activated platelets are then injected within the next few minutes as a medical intervention. As the platelets organize in the clot, they release enzymes to promote healing and tissue responses including attracting stem cells and growth factors to repair damaged tissue and cause regeneration and rejuvenation. PRP contains growth factors that may stimulate natural hair growth. Due to the natural variation in quality of platelet-rich plasma, results will vary between individuals.

The full procedure may take between 15-45 minutes. Often, at least 3-4 treatments are advised. Some patients may require multiple sessions to obtain desired outcomes. It is often recommended that treatments be done once a year after the initial series of treatments to continue regeneration and maintain or enhance the results. For best outcome, other modalities for treatment of the underlying medical conditions and appropriate skin care should be optimized prior to PRP injections. The use of PRP for treatment of hair loss, scars and facial rejuvenation is considered "off label" and EXPERIMENTAL.

CONTRAINDICATIONS: PRP use is safe for most individuals between the ages of 18- 80. There are very few contraindications, however, patients with the following conditions are not candidates:

1. Pregnancy or Lactation
2. Acute and Chronic Infections
3. Skin diseases (i.e. systemic lupus erythematosus, porphyria, allergies)
4. Cancer
5. Chemotherapy treatments
6. Severe metabolic and systemic disorders
7. Abnormal platelet function (blood disorders, i.e. Hemodynamic Instability, Hypofibrinogenemia, Critical Thrombocytopenia)
8. Chronic Liver Disease
9. Anti-coagulation therapy (Coumadin, Warfarin, Plavix, Aspirin, Lovenox)

10. Underlying Sepsis

11. Systemic use of corticosteroids within two weeks of procedure

Prior to treatment:

1. Avoid prolonged sun and heat exposure and use a sunscreen with at least SPF 30.
2. Anticoagulant therapy including aspirin, ibuprofen, naproxen should be discontinued 14 days prior to treatment (please check with your primary care physician if prescribed for medical reasons).
3. Minimize or avoid alcohol consumption 2-3 days prior to procedure.
4. If possible, refrain from or minimize smoking prior to your procedure as it impacts the healing process.
5. Increase your intake of fluid the day before your procedure by drinking 2 glasses of water in the morning, 2 glasses at lunch, and 2 glasses at dinner, in addition to your normal intake of water.
6. If you are scheduled for PRP injections and facial microneedling, please discontinue retinoids including retinol or retin-A (tretinoin) and other skin irritants and exfoliants including glycolic or lactic acid for a minimum of 3-5 days prior to treatment.
7. If you are scheduled for PRP injections and facial microneedling and if you have a history of perioral herpes simplex virus infection (cold sores), an antiviral medication will be prescribed prior to treatment (please inform us if you require a prescription).
8. If you are scheduled for PRP injections for treatment of hair loss, you may continue other hair loss treatments such as minoxidil, finasteride or spironolactone before your procedure. If you are not sure if you should stop a medication, please ask. It is okay to color your hair up to 7 days before the procedure.

Day of Treatment:

If you are receiving PRP injections combined with microneedling for treatment of scars or facial rejuvenation, please follow microneedling instructions:

1. Please arrive at least 60 minutes prior to your scheduled appointment time for topical anesthesia, if you are combining PRP injections with facial microneedling treatment.)
2. The skin must be clean. If you apply lotions, perfumes, make-up, deodorant, self tanners, please clean them off with a gentle cleanser and water provided.
3. If applicable, please take the prescribed antiviral medication, preferably, at least 2 hours prior to treatment.

If you are receiving PRP injections for treatment of hair loss, please follow the instructions below:

1. Shower on the morning of your treatment and wash your hair very thoroughly using your regular shampoo.
2. Do not apply sprays, gels, or any other styling products to your hair.
3. If you wear a hair system, please remove it prior to shampooing and do not wear it before your PRP treatments.
4. Please eat a normal breakfast or lunch on the day of your PRP session.
5. Drink a bottle of water (500 mL) at least 2 hours before your session.
6. It is strongly recommended to take a hot shower to wash your hair that evening, after the treatment, to promote the effects of PRP.

Post-treatment Instructions:

1. It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following your treatment. If you experience any pain or discomfort you may take Tylenol/Acetaminophen as directed.
2. You may have a bruise at the blood draw site. A pressure dressing will be applied.
3. You may notice a tingling sensation while the cells are being activated.
4. In rare cases, skin infection or reaction may occur. Please contact our office immediately if you notice any unusual discomfort.
5. Try to refrain from applying ice to the injected area as ice acts as an anti-inflammatory. Ice or cold compresses can be applied to reduce swelling and bruising only if required.
6. Continue to avoid aspirin, Advil, Motrin, Iburprofen, Naproxen, Voltaren and other anti-inflammatory medications for 7 days after your procedure.
7. Avoid vigorous exercise, sun and heat exposure for at least 2 days after your treatment.
8. Avoid saunas, steam rooms, swimming for 2 days after your treatment.
9. Avoid alcohol, caffeine, and smoking for 3 days after treatment. Smoking slows down healing.
10. Continue increased water intake the first week after your treatment.
11. Do not use blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil and Essential Fatty Acids at least one week after your treatment.

If you received PRP injections for treatment of hair loss:

- a. Do not wet your hair for at least 3 hours after your treatment.
- b. For the first 3 days, use a shampoo that is pH balanced.
- c. Do not use any hair products for at least 6 hours after your treatment.
- d. Be sure to take a hot shower and wash your hair that evening, after the treatment, to promote the effects of PRP.
- e. Avoid resuming application of topical Minoxidil (Rogaine®), hair coloring, and straightening for 3 days.

Contact the Office Immediately if any of the Following Signs of Infection Occur:

1. Drainage of pus
2. Increased warmth at or around the treated area
3. Fever of 101.5 or greater
4. Severe pain that is unresponsive to over-the-counter pain relievers
5. Please contact us at 206 456 4464 if you have any questions or concerns.

Alison Young, MD PhD, Young Dermatology