



Platelet Rich Plasma (PRP)

Platelet rich plasma (PRP) is a concentrated preparation of your own growth factors and platelets. PRP helps repair damaged tissue and regenerate collagen. It is designed to unlock your body's natural ability to heal itself. PRP can be paired with microneedling for enhanced results. It has been recommended for hair loss, acne scars, and anti-aging. For optimal results, a series of 4-6 treatments, spaced 3-4 weeks apart, is recommended

How should I prepare for the treatment?

- Please refrain from exercising the day prior to your procedure.
- If you are having PRP done on the face, please notify your doctor if you have a history of cold sores. The doctor will pre-treat you with a medication called valacyclovir to prevent any outbreaks.
- It is preferred that you arrive for your appointment clean-faced without makeup, moisturizer, or lotions.
- The efficacy of your PRP procedure may be affected by the regular use of aspirin, alcohol, blood thinners, certain multivitamins, NSAIDs, and some alternative medicine supplements (Ginkgo, Garlic, Ginseng, Fish Oil). Please speak with your doctor before stopping any blood thinner medications.
- Smoking and alcohol use will impact your recovery and response. Please stop cigarette and alcohol use for at least 3 days prior to your procedure.
- Please be sure to drink enough water in the days leading up to your procedure. Please eat a normal meal the morning of your procedure.
- If treating the scalp, please wash your hair either the morning of your procedure or the night before. Do not color your hair within one week of performing PRP.

What should I expect during treatment?

Please plan on being at the office for at least 60-90 minutes. After having your blood drawn by the Dermatologist performing the procedure, you will wait in the treatment room while your blood is being processed via a special centrifuge. After obtaining the "platelet rich plasma" portion of your blood, your Dermatologist will gently perform a series of injections to the predetermined treatment areas. There will be some tenderness at the sites of injection for approximately 48 hours. Most patients are able to tolerate the procedure with mild discomfort.

What will I look like after treatment?

- Immediately after the treatment, your skin may feel sensitive with slight swelling. This normally resolves within 24 hours, but has been reported to last as long as 72 hours.
- If you have treatment around your eyes, you may experience micro-bruising lasting for up to ten days.
- Do not take any anti-inflammatory medications such as: Ibuprofen, Motrin, and Advil. These agents may lead to excess bruising and bleeding, and may also interfere with the desired efficacy of PRP.

How should I take care of my skin?

- **Immediately After Treatment:** Most patients resume normal activities a few hours following treatment. Do not massage the treated areas unless otherwise instructed by your Dermatologist. Please avoid any exercise the day of the procedure.
- **First Few Days:** Continue gentle cleansing and moisturizing over the next few days. Avoid scrubbing, rubbing, or massaging the area for up to 1 week, unless otherwise directed by your physician. When treating the scalp, please wash your hair the day after the procedure with your normal shampoo.



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Please do not color your hair for at least 72 hours. Please do not use any styling products for 24 hours. Finally, wearing a hat is encouraged for the first two days in order to limit sun exposure to the treated areas.

- **First Week of Healing:** Keep treated area clean; avoid smoking, excessive alcohol consumption, excessive exercise, sweating, swimming, or exposing skin to heat and sun. Please avoid NSAID use unless medically necessary as these medications may decrease the efficacy of your PRP treatment. Please discuss the use of any blood thinning medications and other supplements with your Dermatologist prior to your procedure.
- **Abnormal Healing:** If you notice any pimples, blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion) or any other problems, please contact us immediately.

If you have any questions, please do not hesitate to call:

516.992.6350