



Advice for Platelet Rich Plasma Therapy

Conditions PRP Therapy can help with:

1. Fine lines & wrinkles
2. Acne scars
3. Sun damaged skin
4. Skin texture and tones
5. Stretch marks
6. Dark circles
7. Restore moisture and glow to the skin
8. Hair loss

How it works:

1. Apply numbing cream to your face 20minutes prior to the procedure (this will be done at the practice by the Doctor)
2. Collect your blood (approximately 11-22ml),
3. Your blood is spun down using a centrifuge to separate out the plasma and platelet portion using the separator gel' as a special filter.
4. The PRP portion of your blood is then injected back into your skin to stimulate new collagen production, and to re-energise your cells into rejuvenating themselves.
The product injected is 100% your own blood by-product (autologous).

Before treatment:

- ★ Schedule a consult to discuss your goals
- ★ Have realistic expectations of your results
- ★ Avoid blood thinning medications and supplements where possible (aspirin, anti-inflammatories like nurofen, mobic, and fish oils) for 14 days prior to treatment
- ★ Inform us of any changes in your medical condition, allergies and medications.
- ★ Stop any topical retinoids for 7days before the procedure
- ★ Need to wait 2 weeks after any anti-wrinkle injections and fillers to have PRP performed
- ★ For better results, please delay treatment if you have been sick in the past 2 weeks.

After treatment:

- ★ Do not use any other products, including cleanser, on your skin within the first 24 hours. Rinse your face with cool water, as needed.
- ★ No sunscreen for 24 hours, so avoid sun exposure. Minimise sun exposure for 72 hours post treatment.
- ★ Avoid strenuous exercise and excessive perspiration for 72 hours
- ★ Avoid any active skincare products (such as retinoids, vitamin C, etc) for the first week
- ★ No cosmetic procedures for 2 weeks after PRP (eg anti-wrinkle injections, and fillers)

It is best to have 6 treatments at least a month apart.

For better results, micro-needling after the injections is recommended

Call Mount Sheridan Medical Practice on 40364333, if you have any concerns with excessive discomfort, infection to the injection site or other concerns.