



# Save Face

Platelet Rich Plasma  
Fact Sheet



## Patient information Platelet Rich Plasma

### What is Platelet rich plasma (PRP) ?

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Also known as 'The vampire face-lift', and 'Dracula therapy'. 55% of blood is made up of plasma. Plasma is a straw coloured liquid rich in platelets, white blood cells, stem cells, proteins, minerals, ions, growth factors, and chemical messengers; all 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 machine, the red blood cells sink to the bottom; the plasma rises to the top.

### How Does it Work?

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The concentrated plasma contains key components of tissue repair and regeneration, taken from the recipient, PRP is injected into the skin to stimulate the formation of new collagen and elastin. The results develop over a period of months, improving skin tone and elasticity. Results may be achieved after a single treatment, although most clinicians will recommend a review at 6 weeks and 3

treatments over three months to achieve optimum results.

\*The claims made for this treatment for cosmetic indications are not yet supported by published research (scientific method) that would evidence standards of efficacy for cosmetic indications.

## Does it hurt?

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Generally, a topical anaesthetic cream is applied prior to treatment to numb the skin, and a local anaesthetic may also be mixed with

the plasma prior to injection. It is reported as uncomfortable, rather than painful.

## Used to treat

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

- ↘ Fine lines and wrinkles
- ↘ Dull, tired skin
- ↘ Décolletage
- ↘ 'Smokers lines'
- ↘ Hands
- ↘ Suitable for around the eyes
- ↘ Scars
- ↘ Stretch marks
- ↘ Scars/acne scars
- ↘ Hair loss

## After treatment

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Your practitioner will provide aftercare advice designed to minimise risk and promote speedy recovery from any expected side effects.

As with any injectable treatment, there may be 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.

## How long will it last?

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Results may not become apparent for 6 -12 weeks and may last 18-24 months.

## Is it safe?

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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 the patient's own blood, the risk of disease transmission, allergic reaction,

toxicity or rejection are avoided. Side effects include, but may not be limited to:

- ↳ Redness
- ↳ Swelling
- ↳ Bruising
- ↳ Tenderness

## Am I suitable for treatment?

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There are a number of medical conditions and or medicines that may affect the decision to treat or the treatment plan. A full medical history and assessment of your expectations is necessary in advance of any decision to treat.

### **With any injectable treatment;**

Treatment is not recommended if you are suffering from any skin infection in or near the treatment area or are unwell in any way (even a cold).

If you have previously experienced allergic reactions to any dermal filler or local anaesthetic.

If you are taking any medicines which affect bleeding, such as aspirin or warfarin. If you are taking steroids or have autoimmune disease.

If you have any bleeding disorders.

If you are undergoing chemotherapy.

If you suffer from a poorly controlled medical condition.

If you are pregnant or breastfeeding.

If you are currently or have recently completed a course of Roacutane (Isotretinoin acne treatment) in the last 18 months.

### **Caution**

Injections on the face can trigger the cold sore virus. If you are a sufferer, you must advise your clinician in advance of treatment.

If you are planning to attend a special event when a bruise, should it occur, would be unacceptable to you.

Some over the counter medicines and supplements can also affect bleeding (make you more prone to bruising) as can alcohol- which should be avoided the day before and after treatment.

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

**If, having had treatment, you are at all concerned about symptoms you were not expecting or not happy with, please contact the practitioner for advice. If necessary an appointment will be made for you to be seen.**

# Consumer Check List

## Expect

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To be seen by a, doctor, nurse or dentist for your consultation and assessment  
To have sufficient time to consider all the information- avoid making hasty decisions  
To be treated by a doctor, nurse or dentist  
A follow up appointment if necessary or desired

## Ask Questions

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

## Check

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You may check the qualifications of a doctor (www.gmc-uk.org), Nurse (www.nmc-uk.org) and dentist(www.gdc-uk.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 clinician.
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## Be Safe

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- 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
- Ask the practitioner to show you the product in its unopened package prior to treatment.
- 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.