

What is Platelet Rich Plasma (PRP)?

The PRP is an effective treatment that uses your own plasma to reverse the aging process by stimulating tissue regeneration. A small amount of your own blood is collected to isolate natural Platelet –rich Fibrin Matrix for injection into the skin. The platelets gradually release various growth factors that stimulate the body's natural process of tissue regeneration and collagen production.

Pre-Treatment

Stopping the use of aspirin and Vitamin E and the consumption of green tea is recommended 3-5 days prior to treatments to reduce the possibility and/or amount of swelling. No skin testing is required prior to use.

Details of Procedure

The Plasma is injected into the skin in a series of approximately 1-4 treatments. One hour prior to treatment, a topical numbing cream will be applied to the skin to help reduce any discomfort. The treatment itself will take approximately 20 minutes so patients can expect to be in the clinic for approximately 1.5 hours. Follow up appointments should be booked 3 months after initial treatment to ensure that enough collagen has been generated. After this office visit an additional treatment may be needed. The treatment will provide a gradual increase in volume by helping to stimulate the body's own collagen production. Following the treatment, there may be some slight swelling. Once the initial swelling goes down, it may take up to 3 months to see sustained volume gain.

Post Treatment Care

As the swelling subsides your skin will likely return to its pre-treatment state. During the following weeks you will notice a textural change to your skin as the collagen compounds. Following your treatment, you may likely experience some redness, swelling, sensitivity and tenderness and possible bruising. These signs will usually subside within a few hours to a few days. No extreme temperature change is advised for the next couple of days following the treatment. Patients can use makeup immediately following treatment in order to camouflage any residual redness. PRP offers a natural and lasting effect for up to 12-18 months. In order to maintain optimal results, it is recommended that a maintenance treatment be performed approximately once a year. This treatment would be at an additional cost. Most patients feel comfortable resuming their regular activities the following day.

The Skin Spa does offer complimentary consultations and colour matching if you are interested in purchasing an anti-microbial/anti-inflammatory mineral makeup which is fantastic for use after any skin treatments.

Possible Risks

The most common side effects with PRP include injection-related side effects including minimal bleeding, tenderness/pain, redness, bruising or swelling. These can all last from approximately 3-17 days. Arnica 7% can be used topically post treatment to help reduce these common symptoms. Treatment results are not guaranteed.

**Please Note-- We do require a 20 % deposit when booking all procedures in the Skin Spa please. Also, due to the large volume of bookings, we do require 48 hours' notice of cancellation. The cancellation fee is \$50.00 for every ½ hour of appointment time that is cancelled without the appropriate 48 hours' notice. If purchasing packages of treatments, please be advised that packages will last a full year from the date of the first treatment.*

