ponsonby cosmetic
MEDICAL CLINIC

PLATELET RICH PLASMA SKIN REGENERATION

What PRP does and How It Works. PRP is:

• SAFE. PRP harnesses the body's own healing capacity in order to regenerate tissue. Studies show that the platelets in PRP treatment lock together into a 3D web after they are injected. Once activated this meshwork releases activated growth factors especially Platelet Derived Growth Factors (PDGF) alpha and beta and TGF alpha. These growth factors stimulate healing, skin, collagen and supportive tissue production and even bone regrowth. Stem cells are attracted and proliferate leading to tissue regeneration and remodelling. This is the mechanism by which tissue is regenerated. Because of PRP's effects on tissue repair and regeneration it has been banned in drug tested sport as a performance enhancing drug.
• Simple and takes about an hour and a half. PRP treatment is performed on our premises at the appointment time
• Able to be used in multiple areas.
• Can address aging tissue at every level, stimulates regeneration of skin, connective tissue, muscle and bone.

Which facial and body areas can be treated?

Anywhere but especially good for:
• Jaw Line and lower face
• Cheeks and Mid Face volume loss
• Back of hands and arms
• Acne scarring
• Regrowth of areas of hair loss
• Crinkling skin around the eyes
• Neck crinkling
• Chest and Decolletage

How long do results last for?

Treatment results vary but once tissue has been regenerated and remodelled that benefit is permanent. What happens, however, is that we continue to get older and the problem areas eventually reappear. It is thought that this occurs over 9-18 months after a single treatment although everyone is different. Touch up treatments will maintain the results.

What is the process of facial rejuvenation with PRP?

• The nurse/doctor will assess the degree of skin aging, perform a skin analysis, and recommend a sensible treatment and discuss expected outcome, efficacy and safety. Cost analysis is discussed and the number of sessions required.
• A photograph of the skin is taken to assist the follow-up and grading of the improvement.
• Prior to treatment a blood sample of 10 or 25mls is extracted from the patient. This blood is immediately placed in the centrifuge for 8 minutes. When centrifugation is complete your plasma will be separated from your red blood cells. The plasma rich in platelets is then extracted.
• The PRP is then injected into the skin. Adequate pain relief is usually achieved with local anaesthetic cream although anaesthetic injections or anaesthetic gas can also be used.
• PRP facial rejuvenation can be a one off treatment, but further treatments can be performed at 4 - 12 weekly intervals to inject fresh platelets and restart the regeneration process.

Side effects of PRP facial rejuvenation

• Expect some swelling and redness for 12 - 24 hours. Expect some small bruises.
• A bruise at the blood taking site may be visible for 2 - 3 days

How to prepare for PRP?

If you want results then DO NOT SMOKE. Do not use illegal drugs, avoid excess alcohol and definitely stay off aspirin and anti-inflammatory drugs such as Nurofen and Voltaren for two weeks before and six weeks after treatment.

Expectations and Aftercare for PRP

• Swelling from the fluid is what you will see and feel first. Once the swelling has subsided you will see a little initial change. Over a few weeks the Platelets will stimulate the growth factors and that is when results will appear. The neck is slower than the face.
• Results become visible at 3 weeks and improve gradually over ensuing months with improvement in texture and tone.
• Light rolling will enhance the results. A needle roller is used at the time of treatment and should be used every day for six weeks.
• A minimal improvement occurs in persons with drug, heavy alcohol or especially tobacco usage.
• Advanced wrinkling and severe scarring may not respond well.

Who Cannot Use PRP?

• SMOKERS, Drug and Heavy Alcohol Users all get poor results. The tar from cigarettes especially inhibits growth factor production
• Those with platelet or clotting disorders
• Those with sepsis, acute and chronic Infections
• Anyone on aticoagulant and antiplatelet therapy - aspirin, warfarin, dipyridamole or clopidogril
• Severe systematic disease including metastatic cancer and severe liver disease