

YOUR DECISION:

PLATELET RICH PLASMA

What is Platelet Rich Plasma (PRP) treatment?

PRP involves the collection of approximately 11ml of your blood, processing this in a centrifuge and injecting the platelet-rich plasma part of your blood back into the treatment area. The plasma contains growth factors responsible for healing wounds and regenerating new tissue. PRP makes use of these growth factors to repair and rejuvenate your skin, helping to reverse the thinning of the skin that happens as we get older.

We recommend avoiding aspirin, Ibuprofen or any other NSAIDs for 2 days before PRP treatment – to minimise bruising – unless you need to take aspirin for blood thinning purposes (in which case, you should continue to use as prescribed).

What are the risks of PRP?

There are few, if any, risks associated with PRP, because the treatment only uses your own blood.

The main potential for an adverse reaction to the treatment is from the injection.

Depending on how you react to the needle, you may have some slight pain, bruising or bleeding at the injection site for a short while.

More serious risks from inflammation, scarring or infection may occur, if the treated skin is not kept scrupulously clean. Some patients may experience increased or decreased skin pigmentation.

During your consultation for the treatment and before you sign the consent form, we will explain in detail all the specific risks of PRP for particular skin areas.

How many sessions of PRP will I need?

You should see some improvements in your skin after your first PRP treatment. The best results, though, will be in the following 6 to 12 months. Depending on how your skin responds to the initial treatment, we may recommend further treatment after 1 or 2 months.

Consent Form for Platelet Rich Plasma (PRP) Treatment

My consent and authorisation for this elective procedure is entirely voluntary. By signing this informed consent form I hereby grant authority to my aesthetics practitioner to perform Platelet Rich Plasma (PRP) injections to the area(s) discussed during our consultation; for the purpose of aesthetic enhancement and skin rejuvenation.

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I have read this informed consent and certify I understand its contents in full. The nature of the treatment and the theoretical basis of PRP have been explained to me. I have had the opportunity to ask my nurse / physician questions concerning it, which have all been answered to my satisfaction and I consent to the terms of this agreement. I agree to adhere to all safety precautions and instructions after the treatment. I have been instructed in and understand post treatment instructions. I understand that a common after effect of this therapy is pain and sensitivity in the area of the treatment. Therefore I may experience pain, which could last up to one week. Medications used in the PRP injections have been explained to me, and I acknowledge that I'm not allergic to any of those medications. Along with the nature and purpose of this treatment, I have been additionally advised regarding possible alternatives to this treatment, possible side-affects, risks and contraindications (reasons why the treatment might be inappropriate for some clients).

I understand that medicine is not an exact science and acknowledge that no guarantee has been given or implied by anyone as to the results that may be obtained by this treatment. I also understand that this treatment is elective and not covered by insurance and that payment is my responsibility. Any expenses which may be incurred for medical care I elect to receive outside of this clinic, such as, but not limited to dissatisfaction of my treatment outcome will be my sole financial responsibility. Payment in full for all treatments is required at the time of service and is non-refundable.

CLIENT: Name:..... Signature:..... Date:.....

Clinician:
I confirm I have summarised the relevant consent information verbally & checked understanding.
Clinician Signature:
.....
Date:

Additional Notes/Lot Numbers of Products
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POST TREATMENT:

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After the PRP procedure, the skin may experience: redness & flushing - any redness should decrease over a 24-hour period. Swelling & pain, tenderness, stinging, itching, some pinpoint bleeding, tightness.

These sensations will usually typically resolve within hours and many people are able to return to their normal activities the same or next day. Some people may react differently and may experience these reactions for longer. However, they gradually subside over the next 3-4 days as the skin returns to normal.

There is a small risk of side effects causing the skin to turn very red, blister, swell, peel and later scab and crust. In severe cases infection and ulceration may result, although this is not expected to occur due to the sterility of the dermaroller/microinjector, needles, cannulas and the minimally invasive nature of them.

PRP Therapy procedure may cause areas of bruising although this would not normally be expected to occur, the eye contour being the area at most risk. Any such bruising will be temporary. If you are taking any medication or dietary supplements that can affect platelet function and bleeding time, the severity and period of bruising can be extended, also the presence of petechiae (small red or purple spots beneath the skin) may be observed.

There is a small risk that hyper-pigmentation of the skin can occur after the procedure, although this is not normally expected as the epidermis of the skin is not removed as a result of the procedure. Failure to follow the advice detailed below can increase this risk.

It is advisable to:

- Avoid products other than what has been recommended by my practitioner as others than the recommended may interfere with treatment.
- It is recommended that the use of soaps, other than those recommended by your practitioner, on the treated skin area is restricted until the skin normalises and where possible warm / tepid water and / or gentle skin cleansers are used for cleansing. Do not scrub. Pat to dry only.
- Refrain from touching the skin with your hands until the pores have had chance to close.
- Makeup can be applied once the skin has settled – usually the next day.
- The skin may flake after a couple of days - refrain from touching or pulling at any loose peeling skin as this can cause an uneven result in pigmentation.
- Avoid, electrolysis, depilatory creams, waxing, and laser hair removal for a minimum of 1 week after treatment or until the skin normalises.
- Avoid intensive sun light, saunas, sunbed, and steam bath for at least 1 week.
- Use adequate sunscreen protection for at least a week after treatment.
- Report any concerns to my practitioner as soon as possible.

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Nutrition support suggestion:

Vit. A 25 000 iu/day – enhances early immune response, cells differentiation

Vit. C 1-2 gm/day - aids collagen synthesis, protects cells - fights free radicals Protein -0,8gm/day – prevents prolongation of inflammatory reaction Zinc -15-30 mg/day - aides cells proliferation and protein synthesis Glucosamine -1500mg/day – supplements HA production Biotin – important for the health of hair, skin and nails

Recommended skincare in between skin needling sessions Daily application of high potency skincare and a diet containing vitamin A, C, and E is highly recommended following the procedure for the acceleration of regenerative processes and consolidation of procedure results. Follow the directions of your Practitioner. Although the PRP treatment is effective in most cases, it is recommended to have several treatments as suggested by your qualified practitioner.

DO NOT HESITATE TO CONTACT YOUR PRACTITIONER IF YOU HAVE ANY CONCERNS FOLLOWING YOUR PROCEDURE