



MD AESTHETICS

Platelet Rich Plasma - PRP

What is PRP?

Platelet Rich Plasma, or PRP as it is more commonly referred, is the name given to the concentrate of blood plasma containing platelets, growth factors and cytokines (molecules that aid healing, growth, regeneration) when all the blood cells have been removed by a process of centrifugation. This technique has been utilised in various medical specialities over the last two-to-three decades including, Plastic Surgery, Orthopaedics, Oral & Maxillofacial surgery, Gynaecology, Neurosurgery, Sports Medicine and Cardiac Surgery. Various famous uses of PRP are marketed, including the “Vampire™” and “Dracula™” facelift, the ‘O’ shot™ and the ‘P’ shot™.

Those who may benefit from Platelet Rich Plasma injections include:

1. Those wanting improvement of
 - a. Skin tone
 - b. Scars &/or stretchmarks
 - c. fine wrinkles and lines
 - d. uneven pigmentation
 - e. thinning &/or poor quality skin
2. Those whom have skin conditions
 - a. Acne
 - b. Rosacea
 - c. Lichen planus
 - d. vitiligo
3. Those with osteoarthritis/joint pains
 - a. Knee
 - b. Tennis elbow
 - c. Tendonitis (Achilles, de Quervain, medial & lateral epicondylitis)
4. Improve sexual function
 - a. Erectile Dysfunction with the so-called ‘P’ Shot™
 - b. The ‘O’ shot™ for females

Platelet Rich Plasma can be mixed with fat graft to enhance its survival, and is also mixed with HA fillers, Botulinum toxin as well as other ingredients in attempts to improve skin quality etc.

How is PRP performed?

The whole process starts with a detailed consultation and assessment in clinic during which your ideas, concerns and expectations are identified and discussed, including whether Platelet Rich Plasma may potentially offer you some benefit and go some way to achieving your goals.

Should you decide to go ahead with the treatment then a sample of your blood is taken, prepared and then spun in a special machine (Centrifuge) for a period of time in order to create the Platelet Rich Plasma.

The PRP is then injected back in to the body at sites where its potential benefits are required &/or wanted.

Whilst PRP will improve things in some way for most people, helping improve specific elements of their skin, joint pain etc. its effect is not permanent, often taking weeks to become evident and only lasting up to ten months to a year. PRP injections do NOT treat the underlying cause and thus resign you to a recurrence of the problem sometime in the not-to-distant future and thus more expense to undergo further repeats of treatment.

Potential side effects of skin rejuvenation

- *No change/improvement*
- *Bruising*

The PRP is your own blood product and thus adverse reactions have not been reported.