



## **Platelet Rich Plasma (PRP) Treatments for Hair Loss**

### **What is Platelet Rich Plasma or PRP?**

PRP is a revolutionary treatment used to regenerate hair growth. Platelet Rich Plasma is our own blood plasma concentrated with platelets. These concentrated platelets contain proteins and growth factors which help stimulate hair follicle growth, increase circulation to hair follicles and decrease inflammation.

### **How does it work?**

A small amount of blood is drawn from the patient. It is then centrifuged for 15 minutes. This produces the PRP. Once centrifuged, the PRP taken from the blood is then injected and spread with a dermaroller into the scalp or areas of hair loss. The dermaroller creates microscopic channels that allow the PRP to penetrate deep into the skin into the hair follicles. Prior to injecting the PRP, the scalp is cleansed and numbed with lidocaine injections. After the procedure, the area is covered with a surgical cap. Pain after treatment is minimal. Tylenol can be taken if needed. Patients are able to resume normal activities after this procedure.

### **Who is a Candidate for PRP Treatments?**

Men or Women who have or expect to have male or female pattern baldness  
(although the earlier this is treated the better the outcome)

Men or Women who are currently using prescription medication or OTC products such as Rogaine

Women who are experiencing or expect to experience post-partum hair loss

Those who have had or plan to have surgical hair restoration

This treatment is not recommended for women that are pregnant or breastfeeding.

### **What are the Possible Side Effects?**

Mild tenderness and swelling around the area are common and generally subside within 48-72 hours. Bruising can also occur and generally lasts a week. (Please ask us about the supplement Arnica to minimize bruising after the procedure). Injection site reaction and infections are also possible but rare.

### **Treatment Recommendations**

Generally treatments are recommended every 4-6 months for the first year. After that, maintenance treatments maybe required yearly. To receive the optimal benefits from this treatment we recommend using it in conjunction with our low level laser for hair restoration and products. However, treatments can be done on their own. Propecia can be taken with this treatment. Please refrain from taking NSAIDS (Motrin, Aleve, Advil, Aspirin) 3 days prior to this procedure unless directed by your physician.

Although there is scientific evidence to support that PRP treatments are beneficial in hair restoration, hair restoration using PRP is still in its infancy. It is a fairly new treatment and results could vary based on each individual. However, its low cost and minimal side effects make it a promising treatment option for patients with hair loss.