

This document is designed to provide information about [Platelet Therapy](#), its benefits, potential risks, and alternative procedures. It is important that you read this information carefully and have all of your questions answered before signing the consent form.

100% Natural | Safe, Quick & Effective Treatment | Immediate & Progressive Results | Little or No Downtime

**The Procedure:** Platelet therapy is quickly becoming an integral aspect of aesthetics. A blood sample of 15cc-30cc is taken from the patient, then the sample is centrifuged (separated) to obtain a serum containing platelets, proteins, growth factors, fibrin, and other regenerative cells. The serum is then injected back into the patient and/or utilized as a topical solution applied adjunct to other aesthetic modalities such as microneedling, lasers, and dermal fillers to:

- Maximize natural body's response
- Enhance blood flow to deficient tissues
- Accelerate wound healing
- Restore volume & hydration
- Improve skin texture & quality
- Improve under-eye dark circles
- Promote hair regrowth
- Stimulate collagen production
- Promote fibroblast formation
- Improve acne scars
- Rejuvenate hands
- Regulate inflammation

**Platelet Rich Plasma (PRP):** *First-Generation platelet concentrate.* Despite its popularity in the field of esthetics, one of the consistently reported drawbacks is the use of anticoagulants (often derived from animal sources), which have been proven to limit the natural regenerative process by preventing clotting (or coagulation).

**Platelet Rich Fibrin (PRF):** *2nd generation platelet concentrate.* PRF is **100% natural** without the use of anticoagulants and reported clinical data demonstrating up to 3 times more positive effects on cellular bioactivity when compared to traditional PRP. The following are distinct differences that make PRF **more ideal for aesthetic applications:**

- PRF is extracted in a 100% natural manner without the use of anticoagulants and/or chemical additives.
- PRF has more regenerative blood components and a higher concentration of platelets (up to 3x) compared to PRP.
- The fibrin mesh structure of PRF results in slow and sustained release of growth factors measured in days compared to hours with PRP.
- PRF has more consistent and predictable results than PRP.

**Natural Filler (Bio Filler):** The platelet-poor plasma from the patient's own blood concentrate can be heated inside a specialized bio-heater device to form a gel and mixed with the PRF to further extend PRF's working properties by several months. This natural platelet-rich biological "filler" has the same color and consistency as autologous fat and can be utilized in a similar fashion as dermal fillers to volumize, lift, and rejuvenate the face, neck, and hands. The autologous nature of Natural Filler and the ability to harvest large doses of Natural Filler from a simple blood draw makes Natural Filler an extremely attractive aesthetic procedure with immediate and progressive results.

The nature of Platelet Therapy procedure may require a patient to return for a series of treatments in order to achieve the desired results or to determine whether Platelet Therapy may not be completely effective at treating the particular condition. Good general health is the key to excellent and predictable outcomes. The expected rejuvenating benefits and results of platelet therapy treatment are generally visible at 6-8 weeks after the treatment and continue to gradually improve over 6 months or longer. Individual results may vary and are difficult to predict. We cannot guarantee how long the results will last, how much of an improvement there will be, or how painless the treatment will be. A topical anesthetic may also be applied by your practitioner to diminish discomfort during the procedure.

**Recommended Course of Treatment:** A series of 3-4 treatments spaced 4-6 weeks apart. Maintenance treatments can be performed every 6-12 months to boost and maintain the results. Significant results can last as long as two years.

**Contraindications** include, but are not limited to the following:

- Pregnancy, trying, or breastfeeding
- Acute or chronic infections, sepsis
- Abnormal platelet function or blood disorders
- Skin diseases or allergies
- Any severe metabolic or systemic disease
- The use of blood thinners or systemic corticosteroids
- Impaired judgment, psychological conditions, and substance abuse
- **Patients with unrealistic expectations**

**Risks & Possible Side Effects** include but are not limited to the following. Although the majority of patients do not experience any, you should discuss each of the following with your practitioner to make sure you understand the limitations, risks, and potential complications of this elective procedure.

- Pain, bleeding, and/or bruising at the injection site
- Flushing of the skin, swelling, itching
- Allergy to the anticoagulant solution used to process the blood
- Injury to a nerve and/or muscle
- Infection as with any type of injection
- Dizziness or fainting
- Nausea or vomiting
- A minimal effect from the treatment

**Alternative Procedures:** Dermal filler injection is an elective aesthetic procedure, which is not medically necessary or required.



**Pre / Post Care Instructions** Compliance with the recommended pre / post-care instructions as well as recommended follow-up visits by your practitioner are crucial in minimizing the risk of side effects and complications. **It is your responsibility to inform your practitioner of your most recent sun exposure, new medications, or changes in medical history before each treatment is performed.**

### **Before your treatment**

- For optimal results and to minimize the chance of bruising and bleeding at the injection site, please avoid taking blood-thinning medications and supplements such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, essential fatty acids, and multivitamins (unless otherwise prescribed by your doctor) for 7 days prior to treatment.
- Avoid Advil, Motrin, Ibuprofen, Naproxen, Voltaren, and other NSAIDs (unless otherwise prescribed by your doctor) for at least 3 days prior. We want inflammation to occur as this is one mechanism by which Platelet Therapy works.
- You may use Tylenol (acetaminophen) as needed prior to the treatment.
- If you have a tendency to bruise easily, you may start taking over-the-counter Arnica Montana tablets 3 days before your treatment.
- If you are prone to cold sores, it is recommended to take antiviral medication for 7 days before and after.
- Do not apply potentially irritating products for 2 days before and after your treatment (e.g. tretinoin, Retin-A, glycolic acid, hydroquinone).
- Avoid excessive sun or heat exposure.
- Minimize or avoid alcohol consumption.
- If possible, refrain from or minimize smoking prior to your procedure as it impacts the healing process.
- (For hair treatment) You may continue other hair loss treatments such as laser treatment, minoxidil, or hormone-blocking tablets.
- Stay hydrated by drinking 8+ glasses of water daily to improve results & healing time.

### **Day of Procedure**

- Arrive with clean skin free of any lotion, oil, makeup, powder, or sunscreen.
- (For hair treatment) Shower the morning of your treatment and wash your hair very thoroughly using your regular shampoo.
- (For hair treatment) Do not apply sprays, gels, or any other styling products to your hair.
- (For hair treatment) If you wear a hair system, please remove it prior to shampooing and do not wear it before your PRP treatments.
- Please eat a normal breakfast or lunch the day of your Platelet Therapy treatment.
- Drink a bottle of water (500 mL) at least 2 hours before your session.
- Notify your practitioner of any changes in your medication, or health status, or personal activities that may be relevant to your treatment.
- Topical numbing cream or small lidocaine injections may be administered to maximize your comfort during the treatment.
- Your practitioner will make individual recommendations on when to resume normal skincare or haircare.

### **After Your Treatment**

- It is normal to experience bruising, redness, itching, swelling, soreness, and pressure that may last from 2-5 days following your treatment.
- You may take Tylenol (acetaminophen) for post-treatment discomfort or Benadryl / Zyrtec if you experience excessive itching.
- You may have a bruise at the blood draw site.
- You may notice a tingling sensation while the cells are being activated.
- Try to refrain from directly applying ice to the injected area as ice acts as an anti-inflammatory.
- Cold compresses can be applied in an on and off fashion to reduce swelling if required.
- Avoid vigorous exercise, sun, and heat exposure for at least 2 days after your treatment.
- (For hair treatment) Do not wet your hair for at least 3 hours after your treatment.
- (For hair treatment) Do not use any hair products for at least 6 hours after your treatment.
- (For hair treatment) Be sure to take a hot shower and wash your hair that evening, to promote the effects of Platelet Therapy.
- Avoid saunas, steam rooms, swimming for 2 days after your treatment.
- Avoid All Direct & Indirect Sun Exposure.
- Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection. It is safe to begin the use of SPF starting 24-48 hours after your treatment.
- Avoid alcohol, caffeine, and cigarettes for 24-48 hours before and after treatment as they may contribute to increased swelling or irritation.
- (For hair treatment) Avoid resuming Minoxidil (Formula 82M, Rogaine®), hair coloring, and straightening for 3 days.
- Continue increased water intake the first week after your treatment.
- Continue to avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren, and other anti-inflammatory drugs (NSAIDs) for at least 3 days after.
- Avoid taking blood-thinning medications and supplements such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, essential fatty acids, and multivitamins for 7 days after your treatment unless otherwise prescribed by your physician.
- Avoid makeup for at least 24 hours and until healed.
- In rare cases, skin infection or reaction may occur, which is easily treated with an antibiotic.

**If you experience any side effects, such as prolonged discomfort or swelling, a histamine reaction, drainage, fever of 101.5 or higher, or infection, immediately contact your practitioner for proper assessment and care instructions.**