



PRP (PLATELET-RICH PLASMA) FOR HAIR RESTORATION AFTERCARE AND CONSENT FORM

Procedural Description

PRP hair therapy is a natural hair restoration method that targets areas affected by hair loss by stimulating the follicles. This treatment can be instrumental for patients experiencing pattern baldness, hair thinning, and even aged hair, restoring the shine and luster of the hair. PRP treatments are an all-natural hair loss solution because it uses injections of platelets derived from your blood. These platelets contain a rich amount of growth factors that have an important role in stimulating the dormant hair follicle and supporting the hair cycle. When injected into the scalp, PRP triggers the healing of the damaged and miniaturized follicles and promotes the regeneration of healthy cells and tissues. Over time, you will notice reduced hair loss and a significant improvement in the appearance and texture of hair in areas treated with PRP injections. The procedure is relatively painless and requires zero recovery time.

PRP does not deliver results immediately, so you should not expect to see a full head of hair overnight. The exact schedule of your treatment plan will depend on a few factors, including the amount of hair loss you're dealing with, as well as your age, hormones, and genetic makeup. You'll likely need three monthly sessions followed by an appointment four to six months later, and then yearly maintenance sessions. You'll likely start seeing regrowth before your third and fourth appointment.

Before Your Treatment

- It is recommended to hydrate by drinking lots of water well in advance, as higher levels of water in the body will make drawing blood easier.
- Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids, and multivitamins, a minimum of 7 days (preferably 14 days) prior to treatment. It is fine to continue iron and vitamin D.
- If you are taking any blood thinners, please let your provider know immediately, as they may represent a contraindication to this treatment. These medications include Plavix, Coumadin, and Heparin.
- Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren, and other anti-inflammatory medications. We want inflammation to occur – as this is one mechanism by which PRP works.
- You may use Tylenol (acetaminophen) as needed prior to the treatment.
- Prescription medications (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of and the day after your treatments.
- If you are taking broad beta-blockers such as Inderal (Propranolol), please inform your provider as this medication may need to be changed to a select beta-blocker in advance of the treatment.
- 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.
- You may continue other hair loss treatments such as laser treatment, minoxidil, or hormone-blocking tablets before your procedure. If you are not sure if you should be stopping the medication, please ask.
- You may color your hair up to 7 days before the procedure.
- Try to come into the appointment with a clean, freshly washed, and exfoliated scalp. You can always consider getting a HydraFacial Keravive Scalp Health Therapy Treatment before injecting. This scalp facial cleanses, exfoliates, and hydrates the scalp and hair follicles. HydraFacial Vortex Technology extracts dirt, oil, and impurities from the scalp and hair follicles while stimulating circulation.

What to Expect During the Treatment

The PRP treatment consists of three steps. It begins with blood extraction, blood processing, and finally, injection to the scalp. Medical experts suggest that PRP treatments boost natural hair growth by increasing the blood supply to blood follicles. As a result, the thickness of the hair shaft significantly increases. Moreover, PRP works better when combined with other hair loss treatments.

1. The First Step- Your doctor will extract your blood and put it in a centrifuge container. The machine separates the fluids into different densities until it reaches the desired result.
2. The Second Step- A 10-minute spin from the centrifuge separates your blood into three layers:
 - Red blood cells
 - Platelet-poor plasma
 - Platelet-rich plasma
3. The Third Step- The final step includes the collection of the platelet-rich plasma and injecting it into the scalp with receding hair.

Post-Treatment Instructions

- It is normal to experience bruising, redness, itching, swelling, and/or soreness that may last from 2-5 days following your treatment. If you experience any pain or discomfort you may take Tylenol or other Acetaminophen-containing products as directed.
- You may have a bruise at the blood draw site.
- You may notice a tingling sensation while the cells are being activated.
- In rare cases, skin infection or reaction may occur, which is easily treated with an antibiotic or inflammatory. Please contact our office immediately if you notice unusual discomfort.
- Try to refrain from applying ice to the injected area as ice acts as an anti-inflammatory. Ice or cold compresses can be applied to reduce swelling if required.
- Continue to avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren, and other anti-inflammatory medications for 3 days after your procedure (if possible try for 7 days).
- Avoid vigorous exercise, sun, and heat exposure for at least 2 days after your treatment.
- Do not wet your hair for at least 3 hours after your treatment.
- For the first 3 days, use a shampoo that is pH balanced.
- Do not use any hair products for at least 6 hours after your treatment.
- Be sure to take a hot shower and wash your hair that evening, after the treatment, to promote the effects of PRP.
- Avoid saunas, steam rooms, and swimming for 2 days after your treatment.
- Avoid alcohol, caffeine, and smoking for 3 days after treatment. Smokers do not heal well and problems recur earlier and results may take longer.
- Avoid resuming Minoxidil (Formula 82M, Rogaine®), hair coloring, and straightening for 3 days.
- Continue increased water intake the first week after your treatment.
- Do not use blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids at least one week after your treatment.
- Avoid sun tanning and prolonged exposure to direct sunlight for 2 weeks. When exposed to the sun, wear a hat.

PRP Consent Form

The nature of the PRP has been explained to me. I understand that just as there may be benefits from the procedure, there are risks of using any aesthetic PRP injection. Every cosmetic procedure involves a certain amount of risk, and it is important that you understand the risks involved. An individual's choice to undergo a cosmetic procedure is based on the comparison of the risk to the potential benefit. I understand that the following are among the expected side effects of the PRP procedure:

Bleeding

It is possible to experience a bleeding episode during or after injections. Should post-procedure bleeding occur, it may require emergency treatment to drain accumulated blood (hematoma). Ask your provider before taking any aspirin or anti-inflammatory medications for ten days before your procedure, as this may contribute to a greater risk of bleeding. Some patients experience a temporary blood sugar increase with PRP injections.

Hair Shock:

Shock hair loss is a rare side effect of Platelet Rich Plasma injection. The hair loss is usually temporary.

Infection:

Do not undergo PRP injections if you have current acute and chronic infections. Infection is unusual after injectables. Should an infection occur, additional treatment including antibiotics or an additional procedure may be necessary.

Bruising:

Bruising is common after injectables. You may experience short-lasting pinkness or redness from the flushing of the skin. You may have bruises within a week or more of having any injectables, so time your treatments with your schedule accordingly. You may be asked to take medication to reduce or prevent bruising such as Arnica Montana. Contact our office if bruising lasts longer than a week or anytime if you are concerned.

Damage to Deeper Structures:

Deeper structures such as blood vessels and muscles are rarely damaged during the course of a PRP and Microneedling and/or PRP injection treatment. If this does occur, the injury may be temporary or permanent.

Unsatisfactory Result:

Although good results are anticipated, there is no guarantee or warranty express or implied, of the results that may be obtained from PRP injection treatment(s). Some patients do not achieve their desired goals or results, notwithstanding proper procedures being followed by the medical provider, relating to the PRP injection treatment(s). You may be disappointed with the PRP treatment(s). It may be possible but by no means a certainty to improve your results with additional treatments.

Allergic Reactions:

An allergic reaction although not common is possible with the use of local anesthetic which may include swelling, itchy, bruising, local discomfort, redness, or itching. In rare cases, a severe allergic reaction to anesthetics may cause shortness of breath, respiratory distress, or seizures. Anesthetics used with PRP injections may cause local discomfort, itching bruising, redness, swelling and/or system reactions, including, wheezing, systemic itching, shortness of breath, respiratory distress, or seizures.

Medication Reaction:

Tell your provider if you are on, or were recently on any medications as they may interfere with the ability of the aesthetic injectables to function. Even the use of antibiotics and Aspirin should be brought to your provider's attention. Systemic use of corticosteroids within two weeks of the procedure is not permitted.

Pregnancy:

Women should not have PRP injections if they are pregnant or may become pregnant or are breastfeeding.

Conditions that can prevent treatment:

Some, but not all, conditions that prevent PRP injections: Skin diseases (i.e. SLE, porphyria, allergies). Recent or Current Cancer or Chemotherapy. Severe metabolic and systemic disorders. Platelet and Blood Disorders. Chronic Liver Pathology. Anticoagulation Therapy. Underlying Sepsis.

I acknowledge the following has been discussed with me:

- I understand the Risks / Complications / Side effects / Consequences of PRP: allergic reactions, swelling, itching, infection/bleeding, burns, abnormal/slow/delayed healing, scarring, distortion of anatomic features, redness, chronic pain, delay in skin cancer diagnosis, and lack of permanent results or unsatisfactory results, need for further procedures
- I understand that compliance with pre and post-care instructions is crucial for the success of my PRP treatment and to prevent unnecessary side effects or complications.
- Although improvement is expected, there is no guarantee or warranty expressed or implied with respect to the results that may be obtained.
- I understand that there are many variable conditions that influence the long-term results of PRP treatments. The practice of medicine and surgery and the subsequent use of PRP is not an exact science. Although good results are expected, there is no guarantee, expressed or implied, on the results that may be obtained. Repetition of treatment, hair care regimen, and other procedures aid in results.
- Financial Responsibilities – This procedure is elective and not medically necessary and therefore, not covered by insurance. Any complications requiring additional medical care and/or treatment or revisionary procedures would be the patient's responsibility also. There are no refunds.

For women of childbearing age:

By signing below I confirm that I am not pregnant and do not intend to become pregnant at any time during the course of the treatment. Furthermore, I agree to keep Honey Skincare Studio and my provider informed should I become pregnant during the course of the treatment.

WRITTEN CONSENT

Photographic documentation will be taken. I hereby do authorize the use of my photographs for teaching purposes.

BY MY SIGNATURE BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE CONTENTS OF THIS INFORMED CONSENT FORM FOR THE TREATMENT OF ACNE, AND THAT I HAVE HAD ALL MY QUESTIONS ANSWERED TO MY SATISFACTION BY HONEY SKINCARE HEALTHCARE TEAM.

I have read this form and understand it, and I request the performance of the procedure.

PRINTED NAME:

SIGNATURE:

DATE:
