

# HENLEY CLINIC

## FACT SHEET

### NATURAL WAY TO RESTORE AND REJUVENATE **YOUR SKIN** WITH YOUR **BLOOD**

#### *Platelet Rich Plasma (**PRP**) Therapy*

**Platelet Rich Plasma (PRP) therapy uses a purified and concentrated portion of your own blood cells to rejuvenate your skin**

Using your own blood cells is a revolutionary skin regenerating system. PRP-treatments have been widely used and well studied in different areas of Medicine. For example in Dermatology for improving the healing of chronic ulcers; in Orthopaedic Surgery injecting into joints to regenerate the cartilage, that is how the skin regenerating properties were discovered. The areas where PRP was injected the skin quality improved significantly. PRP-treatment is an innovative treatment, which supports your own skin in restoring and regenerating the damage that has been accumulated over the years due to sun, pollution and other damaging influences. PRP is a portion of the blood, which is called plasma, is full of platelets and these platelets are rich in growth factors, once injected back into your own skin they trigger the formation of new collagen cells and elastin, encouraging revitalisation of the skin and increasing the firmness and elasticity.

This process of enhanced skin rejuvenation is an entirely natural process using your own blood cells.

There is also a possibility to infuse the PRP with a solution of Growth Factors and Vitamins to make the treatments powerful and increase of the appearance of a radiant and plump skin.

**PRP works on all areas of the face, the forehead, upper and lower eyelid areas, cheeks, naso-labial folds (wrinkle from nose to mouth), lips, chin, neck, décolletage and hands.**

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

The procedure begins with one of our aesthetic physicians taking a small amount of your blood (similar to what you would have done at your GP's surgery).

Thereafter the blood sample will be treated in a specific piece of equipment (centrifuge) to separate the sample into its specific constituents. It is also combined with an infusion of Hyaluronic acid solution (which is a substance that is naturally occurring in our bodies) and is another key element in skin rejuvenation

This preparation of the sample will take between 10-20 minutes; during this time the physician will ensure you are prepared for the treatment with anaesthetic cream (if you require, the procedure is relatively painless) in the areas where the multiple injections will be made

#### **Post-treatment:**

You may experience very slight redness and swelling immediately post treatment mostly lasting a few hours. Some bruising or residual mild redness may occur which may be covered with makeup over the first few days after treatment.

This PRP treatment can be a stand-alone regenerative treatment to improve skin quality and slow down age related skin tissue loss. PRP. also works well and is often preferred in conjunction with other aesthetic procedures to enhance or complement the whole regenerative process. Treatments such as fillers, Botox, micro-needling etc. *Our PRP specialists are experienced in all these procedures and can discuss this with you on your consultation appointment*

### **Questions and Answers**

*Q. Do I need a skin test before PRP therapy treatment?*

**A.** No skin testing is required prior to treatment

*Q. Are the results from my PRP treatment immediate?*

**A.** No, the results of PRP are not immediate, PRP takes time to promote the collagen growth, therefore a result may not be seen until approximate 2-3 weeks after first treatment, when you will see and feel a healthier, smoother and younger looking skin. After your first treatment visit, it may appear that PRP has worked immediately, however this is often due to some mild swelling within a few hours up to 1-2 days when the swelling has subsided, your face may look as it did previously until the gradual rejuvenation develops after 2 weeks.

*Q. How many treatments are required?*

**A.** Our aesthetic physician will decide and agree with you the number of treatment sessions you may need and the amount of plasma you will need. Typically 2-3 treatment sessions are sufficient these are generally 6 weeks apart.

*Q. Are the injections painful?*

**A.** As with any injection, you will feel a slight sensation of the micro-needle with very minute amounts of the plasma, plus each patient can opt for an anaesthetic to ensure minimal pain anyway.

*Q. What can I expect directly after the treatment session?*

**A.** Immediately after the treatment session with PRP, you could experience redness and maybe some slight swelling of the injected area, and possibly some bruising, all of the symptoms go away within a few hours up to a few days.

Each patient is different and reacts differently to injections and these experiences.

*Q. How quickly can I get back to my daily activities?*

**A.** Most patients go directly back to their daily activities almost immediately

*Q. When will I be able to apply make-up after treatment?*

**A.** Make-up may be applied a few hours after treatment if no complications are present.

**You can book for a completely free and without obligation consultation with one of our Aesthetic Physicians to discuss your needs, requirements and question Further information on PRP is also available on our web-site [www.henleyclinic.co.uk](http://www.henleyclinic.co.uk)**

