

PRP

Platelet Rich Plasma (PRP Therapy) is a treatment that uses your own blood to kick start the body's healing response and regrow hair.

What is PRP?

Platelet Rich Plasma (PRP) Therapy, is a treatment that uses platelets extracted from your blood to help kick-start the body's natural healing response in order to repair and strengthen tissue, and regrow hair.

Blood Components

Blood is made of RBC (Red Blood Cells), WBC (White Blood Cells), Plasma, and Platelets.

Platelets, in their resting state, look like sea sponges but, when activated, they form branches that were initially known to be responsible for blood clotting. In the last 20 years we have learnt, that when activated in the body, platelets release healing proteins, called growth factors. There are many growth factors with varying responsibilities, however cumulatively they can accelerate tissue and wound healing. After increasing the baseline concentration of these platelets to make Platelet Rich Plasma (PRP), we are able to deliver a powerful cocktail of growth factors that can dramatically enhance recovery and regrowth in the body and collectively stimulate, repair and promote regeneration. The list of applications where it can be used is expanding from anti-aging, to injured joints and muscles, to auto-immune diseases and includes hair loss.

How does PRP Therapy work for hair loss?

The regenerative properties of PRP therapy are beneficial in hair loss treatment. This therapy can prevent, or even reverse, baldness for men and women.

When platelets are extracted, concentrated and reinjected into the scalp, copious amounts of bioactive proteins, growth factors and stem cells initiate and accelerate hair regrowth.

Areas of stubborn hair loss, which sometimes don't respond to oral medication, often respond very well to PRP therapy.

Who is suitable for PRP

Your doctor will advise if you are a suitable candidate for PRP treatment, as it does not universally help everyone or all hair conditions. PRP can be performed alone, or can be used in conjunction with other treatment modalities such as medication, lotions and after hair transplantation.

Preparing for PRP treatment for hair loss

To optimise the results of your PRP therapy session, it is important to practise clean eating for two weeks prior to each session. Additionally, hydration 48 hours prior to each session is also key. Drinking a half to 1 litre of water an hour prior to a session is recommended. Consistent use of anti-inflammatories should be avoided within 48 hours of a PRP session. A more extensive list of instructions will be provided at your initial consultation.

On the Day of Treatment

Blood is extracted from the veins into vials and spun in a machine called a centrifuge. This separates Red blood cells from the Platelets.

The Platelet Rich Plasma is then harvested by your doctor from your own blood specimen and injected into scalp skin with multiple injections given with a very small needle. Anaesthesia is not required, but some may experience mild discomfort during the procedure. Occasionally there will be temporary feelings of heaviness, headache and discomfort after the injections are performed. The scalp may have minor redness for a few days after the procedure.

We suggest you allocate an hour for each treatment session.

Post Treatment Information

There is no risk of allergy to PRP or infections as your own by-product is being used. After undergoing PRP treatment, there are some instructions which are recommended to maximise the potential of the hair regrowth results. These include avoiding:

- forceful rubbing or massaging the area
- exercise that increases your heart rate
- alcohol, hot spas or saunas for 24 hours post treatment.
- harsh dyes or chemicals applied to the scalp for 48 hours post treatment

Two PRP treatments over a five month period



Three PRP treatments over a three month period



How often will I need to have PRP performed/ When will I see results?

We usually recommend a series of 3 treatments a month apart. After assessing the response to these sessions your doctor will advise on the frequency of further treatments required. Everyone responds differently to PRP but results may be visible at 4 weeks after the first treatment, or not until 6 months later.

For more information about PRP for hair loss at Sinclair Dermatology,

Contact us on **(03) 9654 2426** or via email at **reception@sinclairdermatology.com.au**

About Sinclair Dermatology

Located over three levels at 2 Wellington Parade, East Melbourne, Sinclair Dermatology is the largest dermatology practice in Victoria, Australia, treating more than 50,000 patients a year.

There are 13 specialist dermatologists, a plastic surgeon, two hair transplant surgeons, 5 dermatology nurses, two hairdressers, a dermal clinician, and administrative staff of more than 20 people. We have five operating theatres, a range of medical-grade lasers, phototherapy and Vectra 3D - Whole Body mole mapping machine.

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