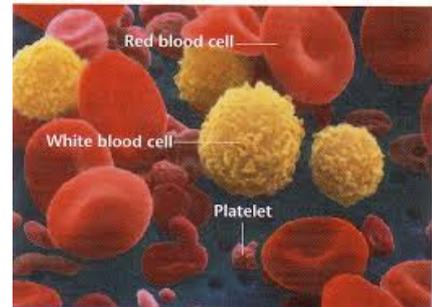


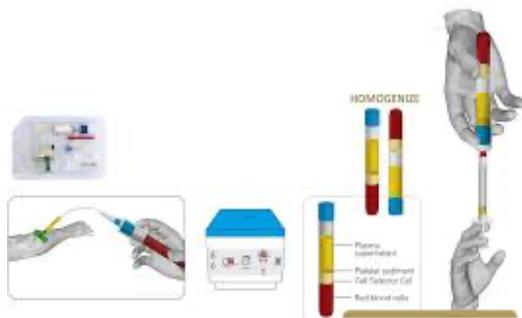
## PRP PLATELET RICH PLASMA

A Bio-Stimulation injection technique that utilises the body's own bio-active platelet rich plasma (PRP) with the aim to regenerate, over time, damaged or ageing tissues. PRP can increase the development of new blood vessels thereby improving circulation and the healing process in ligaments, tendons, muscles, bones and injured skin or tissue. Enhancing the body's own natural healing properties is what makes PRP special and effective.



### WHAT IS PRP

Plasma, rich in platelets, is derived from autologous blood (your own) which makes it safe and free from any transmissible diseases, a major advantage over many current treatments.



The technique was developed 20 years ago and has been perfected over time. Originally used for wound healing and reducing blood loss, it now has multiple applications for damaged tissue repair in many fields of medicine. It accelerates normal healing, repairing and remodelling.

PRP delivers increased many hundreds of types of growth factors in their biological ratios which distinguishes them from other laboratory manufactured growth products.

### WHAT ARE ITS APPLICATIONS

- Regenerative Orthopaedics – worn, painful joints, ligaments and tendons.
- Sporting and other injuries
- Aesthetics – ie cosmetic enhancement, anti-ageing. Face, neck, décolleté, hands
- Bladder symptoms – age related
- Scar reduction - wound, burns, surgical and acne
- Restoration of hair – alopecia



## HOW IS PRP OBTAINED

One vial of blood is drawn, transferred via a closed system preventing any contamination into a special gel-layered tube, then centrifuged – to separate out an exact concentration of red-cell free, **platelet rich plasma – (PRP)**.

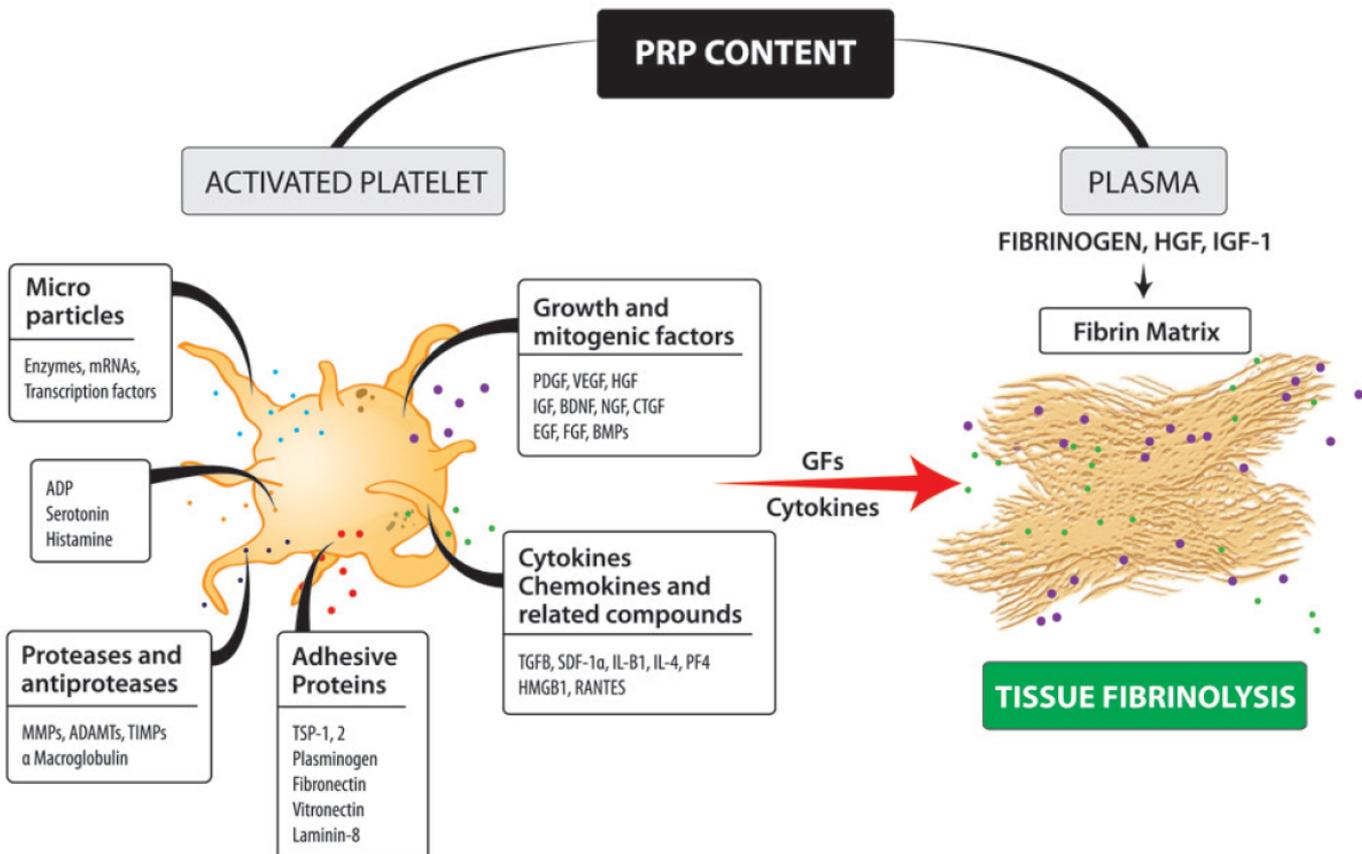
We use a leading, internationally recognised system in the field of regenerative orthopaedic medicine – Swiss Regenlab.

The PRP layer is then removed and injected with a very fine needle into the damaged area. This could be painful joints, torn ligaments, arthritic joints, rejuvenation of face and other ageing areas. Several treatments may be required depending on each case.

## WHAT HAPPENS AFTER THE PRP IS INJECTED?

A fibrin matrix-mesh is formed which releases growth factors providing a cascade of effects - they are like 'first responders' to tissue damage. Some parts of the body for example joints and ligaments don't have as much blood supply compared with say muscle or skin – so prone to slow recovery and repair. Adding concentrated PRP will accelerate the repair process.

The PRP mesh growth factors perform a myriad of functions but also send signals to attract natural MESENCHYMAL STEM CELLS. They multiply, differentiate into new cells and remodel the damaged tissues, collagen, ligaments, cartilage and bone.



## HOW GOOD IS PRP

There have been many clinical trials, showing good to excellent results in 70-80% cases. Advanced arthritis of the knees and hips may be better with surgical replacement, but early or moderate cases may respond well to PRP. It is not a magic, overnight fix – it takes weeks and months to remodel and repair. Injury damaged ligaments, joints, tendons will heal more rapidly.

## DOES IT HURT

When injecting joints there may be mild ache for a day or so.

## DOES EVERYONE RESPOND

Success depends on many things – collagen fibre structure growth is important and dependant on:

-  Following instructions!
-  Genetics
-  Good diet, sleep and HYDRATE well
-  Learning to relax, meditate, time out to reduce life stress
-  Exercise, walking, cycling
-  Minerals and vitamins supplementation
-  Avoiding too much sun exposure but you do need some! Protect from harsh UV light
-  Avoiding smoking and very moderate or no alcohol
-  For cosmetics, use special skin care products to enhance local tissue

## WHAT IS THE PROCESS TO GET PRP TREATMENT?

- Assessment of problem by medical doctor
- Are there any medical reasons that mean PRP is not advised– refer to PRP Assessment Form, PRP Brochure for fees.
- Review recent imaging tests, may need updates
- Read information to thoroughly understand PRP – what it is, how it works, expectations, side-effects and costs. Do your research.
- How many treatments may be needed over what time.
- Sign consent form

