

PLATELET RICH PLASMA INFORMED CONSENT

I, _____ have been advised and consulted about PRP and Facial Rejuvenation.

I have been advised that Platelet Rich Plasma is an established treatment technique used to tighten skin, reduce fine lines and wrinkles, and improve the texture and tone of the skin. It is far safer than surgery procedures and offers an option for treatment for non-laser candidates. PRP has been used in Dentistry, Orthopedics, Hair restoration, and many other areas of medicine prior to facial rejuvenation.

PRP therapy uses platelets harvested from blood, thereby ensuring no foreign disease transmission or injection and allows for the body to heal itself naturally.

Contraindications: Chronic disease, cancer, poor platelet count, smoking, poor eating habits and lifestyle, local infection, NSAIDS, Aspirin, anti-inflammatory medications, corticosteroids, Hbg <10gms, Platelet count <105,000.

I have been informed that the ALTERNATIVES to Platelet Rich Plasma are:

1. Do Nothing
2. Surgical Intervention may be a possibility
3. Injections with filler and or Botox or combination of modalities.

I have been informed that the RISKS and COMPLICATIONS of Platelet Rich Plasma are:

Immediate pain at the injection site

Bruising

Headache during or after injections

Infection from the injection

Temporary or permanent nerve paralysis

Itching at the injection sites

Dizziness or fainting

Swelling

Allergic reaction to the solution

Injury to the nerve and/or muscle

There may be no effect from the treatment

Nausea/vomiting

Bleeding

I understand this procedure is not covered by insurance and I am responsible for the total charge myself. I deny having any of the above contraindications and elect to have this treatment. I have been given a post-procedure instruction sheet. I understand multiple treatments are usually needed to achieve maximum results. I understand results vary and are not guaranteed.

Patient Signature _____ Witness _____

Physician Signature _____ Date _____

PRP Rejuvenation Post-Procedure Instructions

WHAT TO EXPECT:

- Day 1: Erythema and red appearance. Severity will depend upon how aggressive the treatment was performed and how your skin reacts.
- Day 2: A reddish or pink hue and mild swelling may persist.
- Days 3-7: Skin will feel rough like sandpaper lasting up to 5 days. Do not use any sort of scrub to speed up this process as it can cause moderate to severe skin irritation.

HOME CARE:

- **DO NOT USE NON-STEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS like ibuprofen or naproxyn or ASPIRIN OR TYLENOL) for at least the next two weeks.** This is very important and will negate the effects of the therapy by inhibiting inflammation. If you have a prescription for aspirin for a medical condition talk to our doctor as your aspirin may be too important to stop. We want the inflammation to start the healing process.
- Avoid direct sun exposure for 14 days if possible.
- Wash the face thoroughly a few hours after the treatment. Gently massage the face with tepid water and remove all serum and other debris (there may be some dried blood that you can remove at this time). You may use a very gentle cleanser avoiding any type with acids such as AHA and scrubs. Avoid the sun and do not apply sunscreen the same day as the treatment unless it is paraben free. Undesirable chemicals in most sunscreens can penetrate the skin causing irritation and possible breakouts.
- For the first few days after treatment the skin will be very dry and tight. Generous use of a post recovery kit from PCA is optimal. This kit is paraben free and will sooth the skin while speeding up the recovery process. Mineral makeup can be used beginning the day after your treatment.
- After 2-3 days, you may resume your normal skin care routine. Vitamin A products are recommended, as well as peptides and growth factors.
- Avoid alcohol based toners for 10-14 days.
- Do not exercise for 48 hours after treatment
- Do not take fish oil, omega's, flaxseed oil, or red wine. Do not smoke or use tobacco.
- Most people need multiple treatments. Repeat treatment after 4-6 weeks.
- Avoid facials, heat, lasers for 4 weeks.

If you have any questions or concerns regarding your treatment, please call our office at (864) 289-0289.