



**The Nest Family Wellness Clinic**

102-5772 176 St, Surrey, BC V3S 4C8

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[www.surreyprp.com](http://www.surreyprp.com)

# PRP or Platelet Rich Plasma the Natural “Face Lift”

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There is a steady trend for people to find less invasive procedures for facial rejuvenation. PRP is just that, a natural cosmetic treatment that treats a variety of conditions while increasing collagen production. When activated, platelets release growth factors that speed up tissue healing activating skin cells to restore a fresh glow. PRP is collected from your blood eliminating any risk of rejection, allergic reactions, and infection. Growth factors stimulate resident stem cells to promote regeneration for anti-aging. It is a natural approach to volumizing skin and correcting fine lines providing a natural “face lift”. For best results, 2-3 treatments are needed with 2-4 months between treatments. PRP creates a smooth, tighter, glowing skin improving texture and tone within 3-4 weeks. PRP can be combined with botox and fillers, just ensure 1-2 weeks between treatments.

## Conditions Treated:

- Fine lines & Wrinkles
- Scars (including acne scars)
- Stretch marks
- Slow healing wounds
- Volume loss
- Thinning hair and hair loss (alopecia)

## What to expect?

In the first visit we will review your top health concerns and come up with an appropriate, individualized treatment plan. The first visit will include treatment and other lifestyle considerations tailored to you. From here we will determine which anti-aging procedure is ideal for you keeping your goals in mind.

## FAQ's

As this is a new treatment for many people, we hope that some of these FAQ's answer your questions. If you require more information, please contact our clinic.

- **How to prepare for the treatment?**
  - It is very important to avoid: NSAIDs, aspirin, high doses of garlic or fish oils 7 days prior to treatment and alcohol 24-48 hrs prior. Please consult your doctor if you have any concerns about stopping any medications.

*Dr. Pamela Smith ND*

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- **Who should avoid PRP?**
  - If you are on blood thinners (Coumadin/warfarin/Plavix/Pradaxa), heavy smoker, or if you have any clotting disorders this therapy may not be for you.
- **Does PRP hurt?**
  - The sensation will be different for each person however you may feel a slight pinch when the injection is administered. We use topical anaesthetics to reduce this sensation so please let your physician know if you have ever had a reaction to local anaesthetics.
- **What are the potential side effects?**
  - Side effects are generally minimal and limited to discomfort, bruising, or inflammation at the injection site or below. These usually clear up within 24-48 hours. Please refer to our aftercare instructions to minimize any bruising. Allergic reaction or anaphylaxis is highly unlikely as the PRP is from your biology.
- **What are in the injections?**
  - A sample of your blood is taken, spun to concentrate the platelets, then used for the injections. We use a solution to prevent coagulation of the blood cells and a mineral to help activate the platelets.
- **Which conditions can PRP treat?**
  - There are many conditions that can benefit from PRP, the main focus is on fine lines/wrinkles, cellulite, stretch marks, scars and acne. It can also be used to improve hair growth and alopecia.
- **How often do I need to get treatment?**
  - Each area and condition has different timeline however the average is 1 treatment every 3-4 months for 3-4 treatments. After this time, your clinician will go over a maintenance plan with you.
- **When Will I see Results?**
  - Results depend on a multitude of factors including age, sun exposure, history of smoking, area being treated body type, diet, and lifestyle. The treatment is working on the deeper skin layers so results really show 4-6 weeks after initiating a treatment plan. For certain conditions, patients see results as soon as the first treatment
- **Is the treatment covered by my extended benefits plan?**
  - As this therapy is an in-house procedure, it may be covered by extended healthcare plan under Naturopathic Medicine. Please contact your specific company to verify.

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