

Micro-needling Instructions and Platelet Rich Plasma (PRP)

Micro-needling is an alternative to resurfacing aimed at stimulating the body's own collagen production. It can help reduce the appearance of fine lines and wrinkles, skin laxity, acne scarring, and minimize pore size. It is ideal for patients who want rejuvenation but do not want laser treatments. It can be safer than lasers in darker skin types. The process of micro-needling can also help to improve brown spots and melasma. Treatment areas include: face, neck, chest, hands, stretch marks and scars.

PRP can optionally be used after micro-needling for additional collagen stimulation and to reduce healing times. PRP contains growth factors that stimulate cell repair and regeneration, and promote healing. It is also used to stimulate hair regrowth for individuals experiencing hair loss. See the PRP handout for additional information.

Before your Micro-needling treatment:

1. Sun Exposure: Avoid for 1 week prior to treatment.
2. Medications:
 - a. Stop any ibuprofen based medications such as Advil and Motrin 3 days prior as they may interfere with the natural healing process.
 - b. Bruising is common so it will be helpful to avoid aspirin, vitamin E, and fish oil supplements 1 week prior.
 - c. Avoid isotretinoin (Accutane) for 6 months prior to treatment
 - d. Discontinue topical retinoid products, glycolic acid agents, benzoyl peroxide and any other skin irritants for 7 days prior.
3. Medical Conditions: Please inform us if you have a history of:
 - a. Cold Sore Breakouts (Herpes Simplex) - we prescribe you medication to help prevent this from occurring
 - b. Active Infections, Immunosuppression, Lupus, or Vitiligo
 - c. Taking Blood Thinners
4. Contraindications: Pregnancy, actively infected or inflamed skin, cystic acne in the area being treated, keloid scarring, sunburn, HIV and Hepatitis C.
5. On the day of the treatment, please come with a clean face, wearing no makeup. You may wash your face in the office.
6. Numbing: apply numbing cream 30-45 minutes prior to appointment. Available for advance pickup in office.

After your Micro-needling treatment:

1. Day 1-3: Your skin will feel dry, tight and you may notice skin flaking. There may be bruising. After treatment, gently cleanse and moisturize, using one of these two options:
 - a. Ladera Derm recommendation: Gently wash with LaderaDerm Elite Ultra Gentle Cleanser, and moisturize with Skin Medica HA5 Rejuvenating Hydrator
 - b. Over-the-Counter alternative: Gently wash with Cetaphil Gentle Cleanser, and moisturize with Neutrogena Hydro Boost gel-cream
2. You may resume your regular products, including Retin-A, after 5 days.
3. Medications: Avoid Ibuprofen the day of the treatment. Tylenol is okay to take for soreness.
4. Exercise and Swimming/Hot Tubs: It will take 24 hours for the micro-needling channels to close. It is important to avoid strenuous activity that can cause sweating and saunas/steam baths/hot tubs for 48 hours.
5. Makeup: You can reapply your makeup after 48 hours.
6. Sun Exposure: Continue your daily sunscreen and avoid harsh sun exposure for 5 days. If you must be outside for an extended period, wear a hat.

Pricing: Treatment Recommendation – 4 monthly treatments are recommended for best results. For more severe scarring, you may need 6-8 treatments. Periodic maintenance is advised.

- Micro-needling: \$300 per treatment
- Micro-needling plus PRP: \$600 per treatment



Platelet Rich Plasma Therapy (PRP)

Platelet rich plasma, commonly referred to as "PRP", is your own blood that is spun down and separated producing a rich concentration of platelets. Platelets are the clotting cells that have a great potential for enhancing healing. They are naturally extremely rich in tissue growth factors which are involved in key stages of wound healing and regeneration. Platelets initiate repair and attract stem cells to the sites of injury.

While we don't know exactly how PRP works, it has been used successfully in orthopedics for joint and tendon injuries, in dentistry, and pain management. In dermatology and plastic surgery, it is used for wound healing and to stimulate hair regrowth. PRP has been shown to be 50-65% effective for stimulating hair regrowth.

Two appointments will be scheduled for you at the office that day separated by about 30 minutes, and you should plan to be in the office for about an hour total. Please do not plan to leave the office between the appointments.

It is critical that you hydrate for a full day before your treatment.

For Hair Restoration

Before your treatment:

1. Come with a clean scalp.
2. Your blood will be drawn and prepared to separate out your own PRP.
3. Your doctor will be injecting your PRP into the areas of hair loss. This can be uncomfortable and if you wish to take Tylenol prior to the injections, it may be helpful.

After your treatment:

1. Your scalp may feel tight and sore for 1-2 hours. Some patients may notice this more than others. A warm shower on the scalp will be helpful to alleviate this discomfort.
2. Four (4) monthly treatments followed by a rest period of 3 months is recommended to see results.
3. To keep your results, maintenance treatments are recommended every 3-6 months.

Pricing:

- Hair Restoration
 - Scalp PRP Injections - \$800 per treatment
- Wound Healing – PRP helps to enhance wound healing after Micro-needling, CO₂ Laser, 1540 Laser, etc.
 - \$300 per treatment

