



PRP (PLATELET RICH PLASMA) FOR HAIR

PRP (platelet rich plasma) is a non-surgical treatment option to help stimulate hair follicles and promote hair growth. It has been a minimally invasive alternative since the mid 90's and continues to evolve producing dynamic results. There are four phases of hair growth including: anagen, catagen, telogen, and exogen. Each phase lasts for a different length of time with PRP targeting the anagen phase.

WHAT IS IT?

Platelets are small cells within blood and make up approximately 10% of the total composition of blood.

Platelets contain healing elements that include growth factors which help stimulate the anagen phase of the hair cycle.





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HOW IT WORKS & COMMON CONDITIONS



HOW IT WORKS:

- In PRP a small amount of blood is drawn from the patient then placed in a centrifuge to separate the platelets from the other components of blood. This significantly increases the concentration of platelets, which is then injected into the site of hair loss/thinning.
- Platelets release growth factors that may modulate hair cycle signaling pathways that contribute to regrowth of hair, thereby extending the anagen phase of hair growth.



COMMON CONDITIONS:

- Alopecia
- Thinning hair
- Male pattern baldness



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PROCEDURE, AFTER CARE, & RISKS

PROCEDURE:

- A small amount of blood is drawn from the individual
- The blood is spun in a centrifuge to separate the platelet rich plasma from other blood components
- The injection site is cleaned and a topical anesthetic (a combination of bupivacaine, lidocaine and tetracaine) is applied to reduce the discomfort
- PRP is injected into the area of concern
- The time for the procedure takes approximately 30-45 minutes

RISKS:

- Using your own blood removes the risk of allergic reactions and drug interactions that can occur with medication
- Eliminates potentially painful and lengthy procedures like hair transplant
- Small risk of infection to the injection site

AFTER CARE:

- Expect mild local swelling/discomfort - lasting approx. 2-5 days
- Mild pain to the injection site can be expected for the next few days
- Tylenol and ice can be used to help with discomfort post injection, no anti-inflammatory medication (Advil/ibuprofen/naproxen) should be used as this can inhibit the action of the platelets
- Your provider will schedule a follow up phone call within a few days of the injection to ensure no adverse side effects have occurred and answer any questions you may have
- Avoid non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil), 2 weeks before and after injection, also avoid aspirin (speak with your primary care provider to discuss discontinuing any medication prior to the procedure)
- Drink plenty of fluids on the day of the procedure, so that it's easier to draw a blood sample



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EFFICACY, CONTRAINDICATIONS & SOURCES

EFFICACY:

- Patients treated with PRP were more likely to demonstrate improvement in clinical photographs (57 versus 7 percent) and found greater improvement in hair density and hair caliber vs a placebo (2).
- A placebo-controlled, randomized, split-scalp trial that included 12 males and 13 females with androgenetic alopecia found a greater increase in the mean total hair density in sites treated with PRP compared with control sites six months after the first of three monthly PRP treatments (3).

CONTRAINDICATIONS:

- Active infection
- Taking blood thinners (ASA, coumadin, Eliquis)
- Pregnant
- Active cancer
- Known blood disorders (severe anemia, hemophilia, thrombocytopenia)

SOURCES:

- Alonso, L, Fuchs, E. The Hair Cycle. J Cell Sci (2006) 119 (3): 391-393.
- Dubin DP, Lin MJ, Leight HM, et al. The effect of platelet-rich plasma on female androgenetic alopecia: A randomized controlled trial. J Am Acad Dermatol 2020; 83:1294.
- Alves R, Grimalt R. Randomized Placebo-Controlled, Double-Blind, Half-Head Study to Assess the Efficacy of Platelet-Rich Plasma on the Treatment of Androgenetic Alopecia. Dermatol Surg 2016; 42:491.