

PRP 101

EVERYTHING YOU NEED TO KNOW ABOUT PLATELET RICH PLASMA (HAIR)

ELEV8 MEDICAL AESTHETICS





PRP 101

INTRODUCTION

Welcome to your guide to understanding PRP therapy for hair restoration.

This eBook is designed to answer all your questions about how PRP can help you regain your confidence by tackling hair loss.

Whether you're starting to notice thinning or looking for a treatment that's less invasive than surgery, PRP offers a natural solution backed by science.

PRP therapy uses your body's own healing properties to promote hair growth, making it a safe and effective option for men looking to restore their hairline.



Welcome to Elev8 Medical Aesthetics

Hi there! I'm Rinku, the lead nurse injector here at Elev8 Medical Aesthetics Inc., and I'm so excited to share this ebook with you.

At Elev8, we're all about helping you feel confident in your own skin. Whether it's through subtle enhancements like Botox, rejuvenating treatments like PRP, or the artistry of lip fillers, our goal is to elevate not only your appearance but your sense of self.

With over 20 years of experience as a nurse, I've had the privilege of working with clients from all walks of life, and our team brings over 40 years of combined expertise in aesthetics and medical care. Our focus is always on creating a safe, compassionate, and transparent environment. When you walk through our doors, it's all about you—your concerns, your goals, and making sure you feel comfortable every step of the way.

This ebook is a small guide from me to you. Whether you're considering PRP or have had procedures before, I hope it gives you insight into what we do, answers some of your questions, and helps you feel empowered to take the next step in your journey.

Rinku Dhaliwal

CHAPTER 1



WHAT IS PRP FOR MEN?

Platelet-Rich Plasma (PRP) therapy is a groundbreaking treatment that's transforming the way we approach hair restoration.

But what exactly is PRP, and how does it work? In this section, we'll delve into the basics of PRP therapy, explaining the science behind this innovative approach and why it's gaining popularity as a natural solution for hair loss.

Discover how this therapy uses your body's own healing properties to stimulate hair growth and why it might be the perfect fit for your hair restoration needs.



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"I VISITED ELEV8 AESTHETIC MEDICINE TODAY TO RECEIVE MY FIRST ROUND OF PRP. I HAD THE PLEASURE OF WORKING WITH RINKU. SHE WAS PROFESSIONAL, PATIENT, & ANSWERED ALL OF MY QUESTIONS"

- PRP, or Platelet-Rich Plasma, is a concentration of platelets derived from your own blood. These platelets contain growth factors that stimulate healing and tissue regeneration. Originally used in sports medicine, PRP is now gaining popularity for hair restoration due to its ability to trigger the natural growth process in dormant hair follicles.
- The treatment is minimally invasive and relies on the body's natural healing properties, making it a low-risk option for those looking to combat hair loss without surgery or harsh chemicals. It's popular among men because it uses their own cells, reducing the risk of allergic reactions or complications.
- PRP is not just for hair restoration—it's been used for skin rejuvenation and even in sports medicine to aid injury recovery. Its multi-purpose applications are part of why PRP is gaining popularity in aesthetics and health.

CHAPTER 2



HOW PRP HELPS WITH HAIR RESTORATION

Understanding how PRP therapy aids in hair restoration is key to appreciating its effectiveness.

In the following section, we explore the mechanisms behind PRP's success in rejuvenating hair follicles and promoting natural hair growth. We'll break down how the growth factors and platelets in your own blood work to stimulate dormant hair follicles, increase blood flow, and enhance scalp health.

By the end of this chapter, you'll have a clear understanding of how PRP therapy can be a powerful ally in your journey to healthier, fuller hair.

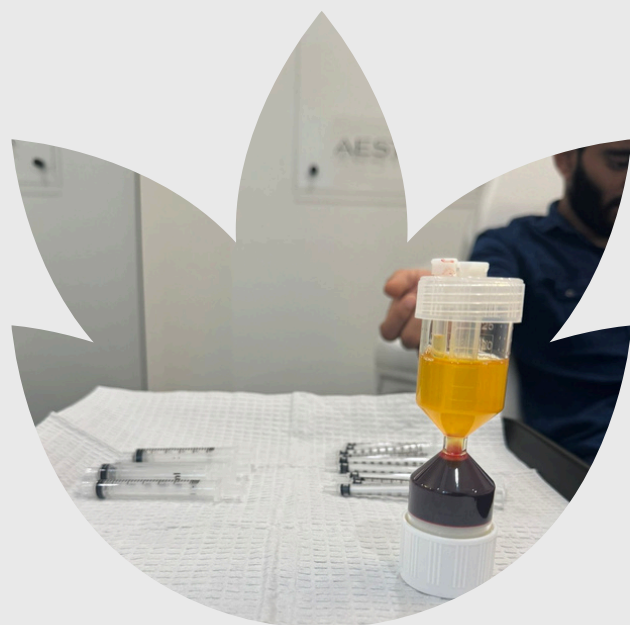


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"WELL, AFTER MY FIRST TREATMENT I STARTED TO SEE BABY HAIRS INSTEAD OF BALD SPOTS. I USED THE HAIR SOLUTION SHE RECOMMENDED TO HELP ACCELERATE THE NEW HAIR GROWTH. AFTER THE THIRD AND FINAL TREATMENT, I HAD A NEW LEASE ON LIFE! I HAD A HEAD FULL OF NEW HAIR AND MY CONFIDENCE BACK. "

- PRP therapy works by activating your body's natural growth processes. The concentrated platelets injected into the scalp stimulate hair follicles that have entered a dormant phase, encouraging them to produce thicker and stronger hair.
- The growth factors found in PRP, such as platelet-derived growth factor (PDGF) and vascular endothelial growth factor (VEGF), promote healing and cell growth, which is critical for hair restoration.
- Men often experience hair loss due to genetic factors, stress, and aging. PRP is a safe and natural way to reverse these effects, allowing new hair to grow in areas where it had previously thinned or stopped growing entirely.

CHAPTER 3



THE PRP PROCEDURE FOR MEN

Curious about what actually happens during a PRP therapy session?

In the next section, we take you through the entire PRP procedure step-by-step. From the initial blood draw to the application of the platelet-rich plasma on your scalp, we'll cover each phase of the treatment process.

You'll learn about the preparation involved, what you can expect during the procedure, and how it's designed to be minimally invasive with maximum effectiveness. By understanding the procedure in detail, you'll be well-prepared and confident about what to expect on your journey to revitalizing your hair.



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"I HAD AN GREAT EXPERIENCE AT ELEV8 AESTHETIC MEDICINE. I CAME IN FOR PRP. RINKU IS VERY KNOWLEDGEABLE AND THOROUGH. SHE MADE ME FEEL VERY COMFORTABLE THROUGHOUT THE ENTIRE PROCESS. I HIGHLY RECOMMEND HER SERVICES"

Step 1: Consultation and Preparation

- Before your first PRP treatment, a consultation is essential to discuss your hair loss history, expectations, and whether you're a good candidate. Once you're cleared for treatment, preparation is minimal—just a clean scalp.

Step 2: Blood Draw

- The process starts with a small blood draw, similar to what you'd experience during a routine check-up. This blood is placed in a centrifuge, which separates the platelet-rich plasma from the other blood components.

Step 3: PRP Injection

- The concentrated PRP is injected into the scalp at the level of the hair follicles. The entire injection process takes about 30 minutes. You may feel a slight discomfort, we'll be sure to proceed at a pace that works for you.

Step 4: Post-Treatment Care

- After the procedure, you can return to your normal routine. Some patients experience mild swelling or tenderness at the injection sites, but this typically resolves within a few days. For optimal results, follow the recommended care guidelines, such as avoiding hair treatments for a few days.

CHAPTER 4



WHY MEN CHOOSE PRP THERAPY

When it comes to addressing hair loss, men are increasingly turning to PRP therapy as their go-to solution. But what makes PRP therapy so appealing?

In this section we explore the reasons behind the rising popularity of PRP among men seeking hair restoration. From its natural, non-surgical approach to its effectiveness and minimal downtime, we'll examine why PRP is becoming the preferred choice for men who want a reliable and innovative way to combat hair loss.

Discover the benefits and unique advantages that make PRP therapy stand out in the world of hair restoration.

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"..RINKU WAS ABLE TO DO WHAT I THOUGHT WAS IMPOSSIBLE. SHE DREW MY BLOOD FIRST TRY AND GOT EVERYTHING WE NEEDED SEAMLESSLY. SHE WAS PROFESSIONAL AND INCREDIBLY KNOWLEDGEABLE ABOUT THE PROCEDURE, BUT ALSO HILARIOUS AND SO EASY TO TALK TO. THE WHOLE APPOINTMENT WAS SO EASY AND SUCH A FANTASTIC EXPERIENCE. "

- Men experience hair loss for many reasons, from genetics (male pattern baldness) to lifestyle factors such as stress and diet. PRP is a natural solution that doesn't require medications or invasive procedures like hair transplants.
- Many men prefer PRP therapy because it has fewer side effects compared to hair restoration drugs, which can have long-term consequences, including hormonal imbalances. PRP is a safer option that promotes your body's own ability to restore hair.
- PRP can also be a preventative treatment for men who are just starting to notice thinning hair. Starting early can prevent further hair loss and even thicken areas that have begun to thin.

CHAPTER 5



WHAT TO EXPECT BEFORE AND AFTER TREATMENT

Preparing for PRP therapy and understanding the post-treatment process can make all the difference in your overall experience.

In this chapter, we'll guide you through the essential steps to take before your PRP session, including any preparations or precautions needed. We'll also outline what you can expect immediately after the treatment, including any potential side effects and recovery tips.

By knowing what lies ahead, you'll be better equipped to manage your treatment effectively and maximize the benefits of your PRP therapy.



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Before Treatment:

- You may need to stop taking certain medications or supplements that thin the blood, such as aspirin, a few days prior to your session.
- Ensure your scalp is clean and free of any product before treatment.

After Treatment:

- Expect mild swelling or sensitivity in the treated areas for up to 48 hours. Use cool compresses to minimize discomfort.
- Avoid vigorous activities and any hair treatments (dyes, shampoos with harsh chemicals, etc.) for the first few days post-treatment.
- Results typically begin to show after 3–6 months as hair growth cycles progress. Most men need several sessions to achieve optimal results, with follow-ups every 6–12 months.

CHAPTER 6



PRE AND POST CARE

Preparing for your PRP treatment and taking care of your scalp afterward is essential to achieving the best results.

In this section, we'll walk you through everything you need to know to optimize your PRP therapy journey, from pre-treatment preparation to post-treatment care.

By following these simple guidelines, you'll ensure a smooth experience and maximize the benefits of your PRP sessions, setting yourself up for success with healthy, natural hair restoration.



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"RINKU AT ELEV8 AESTHETIC WAS AN ABSOLUTE LIFESAVER DURING MY WEDDING SEASON! SHE HELPED ME GET WEDDING-READY WITH A PERFECT COMBINATION OF BOTOX, CHEMICAL PEELS, MICRONEEDLING, AND B12 SHOTS. RINKU IS INCREDIBLY KNOWLEDGEABLE, PROFESSIONAL, AND SO SWEET..."

Pre Care Instructions:

Consultation:

- Attend your initial consultation to discuss medical history, treatment goals, and any concerns. This step is crucial for tailoring the treatment to your specific needs.

Avoid Blood Thinners:

- Avoid blood-thinning medications such as aspirin, ibuprofen, and certain herbal supplements (like ginkgo biloba or fish oil) for at least 48 hours prior to the treatment to minimize bruising.

Stay Hydrated:

- Drink plenty of water in the days leading up to your treatment. Hydration helps improve the quality of your blood, which is essential for effective PRP therapy.

Limit Alcohol and Smoking:

- Avoid alcohol for at least 24 hours before your appointment and refrain from smoking, as both can impact circulation and healing.

Avoid Hair Products:

- Do not use any hair products (like gels, sprays, or oils) on the day of the treatment. Clean hair without products ensures optimal results.



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Post Care Instructions:

Avoid Touching the Scalp:

- Do not touch or scratch the treated area for at least 24 hours to reduce the risk of infection.

Limit Physical Activity:

- Avoid heavy exercise, swimming, or saunas for at least 48 hours after the treatment, as these can irritate the scalp and impact healing.

Sun Protection:

- Protect your scalp from direct sun exposure for at least a week. Wear a hat or use sunscreen if going outside to prevent irritation and promote healing.

Gentle Hair Care:

- Use only mild shampoos and conditioners for the first week. Avoid harsh chemicals and treatments, such as coloring or perming.

Post-Treatment Follow-Up:

- Schedule and attend follow-up appointments to monitor results and discuss additional treatments as needed.

Conclusion:

By closely following these pre and post-care instructions, you can maximize the effectiveness of your PRP therapy and enjoy the best possible results.

CHAPTER 7



FREQUENTLY ASKED QUESTIONS (FAQS)

Before committing to PRP therapy, it's natural to have questions. From understanding the treatment process to knowing what results to expect, being informed is key to feeling confident in your decision.

In the following pages, we answer the most frequently asked questions about PRP for hair restoration.

Whether you're wondering about potential side effects, the number of sessions required, or how soon you'll see results, we've got all the answers you need to make an informed choice about your hair restoration journey.



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"I'D HIGHLY RECOMMEND ELEV8 AESTHETIC MEDICINE! THE ENTIRE PROCESS FROM BOOKING RIGHT THROUGH TO THE AFTER CARE AND FOLLOW UP FROM MY APPOINTMENT WERE AMAZING. I FELT VERY WELCOME AND AT EASE. I'M THRILLED WITH THE RESULTS AND WILL DEFINITELY BE GOING BACK."

Is PRP Therapy Painful?

- The procedure involves mild discomfort, but a topical numbing cream can be applied to minimize it. Most patients describe it as tolerable and similar to a small pinprick.

How Many Treatments Will I Need?

- Most patients require 3-4 initial treatments spaced a month apart for noticeable results. Maintenance treatments are recommended every 6-12 months.

Are There Any Side Effects?

- Since PRP uses your body's own blood, side effects are minimal. Mild swelling, bruising, or sensitivity are common but temporary.

How Long Do Results Last?

- Results typically last about a year before a maintenance session is required, although this varies depending on individual hair loss patterns and health.

Your Guide To **PRP - YOUR NEXT STEP**

- PRP is an exciting, cutting-edge therapy that can help restore your hair and boost your confidence. Unlike traditional hair restoration methods, PRP is natural and minimally invasive, using your body's own regenerative powers to achieve real results.
- If you're ready to take the next step in your hair restoration journey, schedule a consultation with us today. Let's create a personalized treatment plan that fits your goals.





Special Offer: Free PRP Consultation for New Clients

For a limited time, we're offering a complimentary consultation for men interested in PRP hair restoration. Discover how this innovative therapy can help you regain your confidence.

[CLICK HERE TO BOOK
YOUR CONSULTATION
TODAY!](#)