

Platelet-Rich Plasma for Hair Loss



Platelet-rich plasma (PRP) may help treat hair loss. This sheet will help you better understand this treatment. If you have any questions or concerns, talk with your healthcare provider. They are here to help.

What is PRP?

This treatment uses your own blood to help with hair loss. Blood is mostly made up of a liquid called plasma. It also contains platelets, red blood cells, and white blood cells. Platelets are the part of blood that helps with clotting and tissue regrowth. They contain proteins called growth factors that helps with healing.

For this treatment, blood is drawn from a vein in your arm. It's then put into a machine that separates the platelets from the other blood cells. The result is plasma containing a large amount of platelets and their growth factors. This liquid is injected into your scalp. PRP may help prevent hair loss and encourage new hair growth.

Ongoing research suggests PRP may help with other conditions, too. It may also improve the look of skin, reducing dark circles, scars, and wrinkles.

What happens before a PRP injection?

Your healthcare provider will talk with you about this treatment. Ask questions if something is unclear.

To get ready for this treatment:

- Tell your healthcare provider what medicines you take. Include both prescription and over-the-counter medicines. Also include vitamins, herbs, and supplements. Your provider may instruct you not to use nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and naproxen, for a period of time before and after your injections.
- Tell your healthcare provider about any allergies, infections, or illnesses you have. These may affect the safety and effectiveness of PRP.
- Read and sign the informed consent form. Signing the form means you understand what is going to happen. It means you agree to the procedure. Be sure all your questions are answered before you sign the form.

What happens during a PRP injection?

This treatment is often done in your healthcare provider's office. You may get several injections over a few weeks or months.

During this treatment:

- Your healthcare provider first draws a small amount of blood from a vein in your arm.
- Your blood is then put into a centrifuge. This machine spins the blood at a high speed, causing the platelets to separate from the blood cells. The result is plasma containing a large amount of platelets.
- Your healthcare provider then injects the platelet-rich plasma into your scalp.

What happens after a PRP injection?

You may have some pain, bruising, and swelling after the injection. These will get better over time. It may take a few weeks to months to notice an improvement in your hair.

What are the risks of PRP?

A PRP injection is a safe treatment. Problems are rare. But all treatments have risks. The risks of PRP include:

- Increased pain at the injection site
- Headache
- Bleeding
- Itching
- Redness
- Swelling

Call 911

If at any time you have the following symptoms, you or your caregiver should call 911 right away:

- Trouble breathing
- Trouble swallowing
- Loss of consciousness

When to call your healthcare provider

Reach out to your healthcare provider right away if you have any of these:

- Fever of 100.4°F (38°C) or higher, or as directed by your provider
- Symptoms that don't get better or get worse
- New symptoms

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