



Kimberly Cockerham, MD, FACS  
Oculofacial Plastic Surgery  
Eyelid & Orbital Oncology  
Thyroid Eye Disease  
Neuro-Ophthalmology

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

## **PLATELET RICH PLASMA (PRP)**

Area to be treated: FACE / NECK / SCALP other: \_\_\_\_\_

PLATELET RICH PLASMA GEL (PRP) is an injection treatment whereby a person's own blood is used. Your blood is drawn in standard fashion. The blood is spun down in a special centrifuge (according to standard Harvest Techniques) to separate its components (Red Blood Cells, Platelet Rich Plasma, and Plasma). The platelet rich plasma is first separated then activated with a small amount of calcium to allow the release of growth factors from the platelets which in turn amplifies the healing process.

PRP is then injected into the area to be treated. Platelets are very small cells in your blood that are involved in the clotting process. When PRP is injected into the damaged area it causes a mild inflammation that triggers the healing cascade. As the platelets organize in the clot they release a number of enzymes to promote healing and tissue responses including attracting stem cells to repair the damaged area. As a result, new collagen begins to develop. As the collagen matures it begins to shrink causing the tightening and strengthening of the damaged area. When treating injured or sun and time damaged tissue that can induce a remodeling of the tissue to a healthier and younger state.

The full procedure takes approximately 45 minutes -1 hr. Generally, 2-3 treatments are advised, however, more may be indicated for some individuals. Touch up treatment may be done once a year after the initial group of treatments to boost and maintain the results.

**BENEFITS of PRP:** Along with the benefit of using your own tissue therefore eliminating allergies there is the added intrigue of mobilizing your own stem cells for your benefit. PRP has been shown to have overall rejuvenating effects on the skin as in improving skin texture, fine lines and wrinkles, increasing volume via the increased production of collagen and elastin, and by diminishing and improving the appearance of scars. Other benefits: minimal down time, safe with minimal risk, short recovery time, natural looking results, no general anesthesia is required.

### **CONTRAINDICATIONS:**

PRP used for aesthetic procedures is safe for most adults except:

Acute and Chronic Infections

Skin diseases (lupus, porphyria, allergies)

Cancer or undergoing chemotherapy



Kimberly Cockerham, MD, FACS  
Oculofacial Plastic Surgery  
Eyelid & Orbital Oncology  
Thyroid Eye Disease  
Neuro-Ophthalmology

Severe metabolic and systemic disorders  
Abnormal platelet function  
Chronic Liver Pathology  
Anti-coagulation therapy  
Systemic use of corticosteroids within two weeks of the procedure  
Pregnant or breastfeeding

**RISKS & COMPLICATIONS:**

I have been informed that some of the Side Effects of Platelet Rich Plasma include:

- Pain or itching at the injection site
- Bleeding, Bruising, Swelling and/or Infection
- Short lasting pinkness/redness (flushing) of the skin
- Injury to a nerve and/or muscle
- Nausea/Vomiting
- Dizziness or fainting
- Temporary blood sugar increase
- Allergy

I understand the risks and benefits of PRP and all of my questions have been answered.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_ Time: \_\_\_\_\_ AM/PM

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_