

PLATELET RICH PLASMA (PRP) MICRONEEDLING/INJECTING CONSENT PRE/POST TREATMENT INSTRUCTIONS

Platelet Rich Plasma, also known as PRP, is derived from a patient's own blood. Platelet Rich Plasma's safety has been established for well over 20 years for its wound healing properties and its theoretical effectiveness has extended across multiple specialties in healthcare. Platelets are a naturally occurring substance in your blood that play an essential role in clotting. A small fraction of blood (approximately 11ml-22ml) is drawn from the individual and placed into a collection tube. This tube is spun in a specialized centrifuge to separate its components – red blood cells, platelet rich plasma, platelet poor plasma, and white blood cells. After being separated by a special separator gel, the concentrated platelet rich plasma is obtained. Full of growth factors, monocytes, and various plasma proteins, the collected specimen is drawn up into a syringe through a vacutainer. Immediate use on the skin or scalp, either through injection, microneedling or both, is performed to the specified areas of concern.

Once penetrated into the skin or scalp, activation of the platelets occurs, leading to liberation of growth factors and healing elements. The resulting release of enzymes from platelets promotes healing and tissue responses including attracting stem cells and growth factors to repair damaged tissue and cause regeneration and rejuvenation. The full procedure may take anywhere from 1 to 1.5 hours. Often 4-6 treatments are recommended for the maximum results, approximately 4 weeks apart. Maintenance is advised and recommended on an individual patient to patient basis. It is often recommended that a follow up treatment be done once or twice annually in order to maintain results.

BENEFITS TO PRP PRP is autologous (using your own blood), therefore eliminating an allergic potential to the patient. In addition, added benefits include tissue regenerating effects, minimal downtime, safety with minimal risk, short recovery time, and no additional anesthetic other than a topical numbing agent.

CONTRAINDICATIONS PRP use is safe for MOST individuals. There are very few contraindications, however, patients with the following conditions are not candidates:

- Pregnancy or lactation
- Acute and chronic skin infections
- Skin diseases (i.e. SLE, porphyria, allergies)
- Cancer
- Chemotherapy treatments
- Severe metabolic and systemic disorders
- Abnormal platelet function (blood disorders i.e. hemodynamic instability, hypofibrinogenemia, and critical thrombocytopenia)
- Acute or chronic liver disease, non-viral Hepatitis, or Hepatitis A, B, or C
- Anticoagulation therapy (Coumadin, Warfarin, Plavix, Aspirin, Heparin, Lovenox)
- Underlying Sepsis
- Systemic use of corticosteroids within 2 weeks of procedure

RISKS & COMPLICATIONS Some potential side effects of Platelet Rich Plasma include, but are not limited to:

- Pain at the injection site
- Bleeding, bruising, and/or infection with any type of injection
- Hematoma formation
- Swelling and redness up to 72 hours
- Short lasting pinkness/redness/flushing of the skin or discoloration
- Allergic reaction to the solution and/or topical anesthetic
- Injury to a nerve and/or muscle as with any type of injection, can be temporary or permanent
- Itching and swelling at the injection site
- Dizziness or fainting
- Temporary increase in blood sugar
- Minimal or no effect from the treatment (unsatisfactory result)

- Hair shock - temporary hair loss
- Severe headache
- Swelling that may extend into the tissue around the eyes (may last several days)

PRE-TREATMENT For best results, before having the procedure...

1. No injectables or fillers (Botox, Juvederm, etc) 4 weeks prior to the treatment.
2. Discontinue use of retinol, Retin-A, topical antibiotic gels or dermatological strength products one week prior.
3. Discontinue Lotion p50 products for 48 hours before treatment.
4. Be sure that if you have been on Accutane, it has been discontinued for six months.
5. Avoid the use of NSAIDs like Ibuprofen, Motrin, Aleve, Aspirin, etc for 3-7 days prior to the procedure. Tylenol is OK for pain relief right up to and the day of the procedure. 4000 mg should not be exceeded in a 24 hour period.
6. Avoid the following nutritional supplements for 3-7 days prior: Ginkgo Biloba, Garlic, Vitamin E, Vitamin A, Flax oil, Cod liver oil, Essential Fatty Acids (EFAs and DHAs), Curcumin, and other anti-inflammatory supplements. Let your provider know if any one of these cannot be stopped due to medical need.
7. Avoid the systemic use of corticosteroids for two weeks prior.
8. Avoid alcohol or cigarettes for 3-7 days before the procedure.
9. Hydrate with a minimum of 8-10 glasses of water daily 7 days prior to the procedure for ease of blood drawing and benefit to the tissue.
10. Decrease consumption of caffeine & salt in order to minimize dehydration & to mitigate the risk of swelling.
11. Do not color your hair two weeks prior to the procedure if you are treating the scalp.
12. For scalp treatments, shower the morning of the procedure and wash your hair very thoroughly. Do not apply any sprays, gels, or other styling products to your hair.

INTRA-TREATMENT The day of the treatment...

1. Come to your visit with a clean face free of makeup, creams, topicals, oils, and fragrances.
2. You will be brought into the skin rejuvenation room to go over and sign consent forms, begin numbing the area, and obtain a blood collection for processing.
3. Microneedling with PRP is then performed and injections are given as the provider feels it is appropriate. Tingling, a feeling of fullness, throbbing, and burning may be noted during injections.
4. A medical grade collagen mask will be applied to soothe, plump, nourish, & hydrate the skin for 15-30 minutes.
5. Expect to have redness, mild swelling, dryness, and a general feeling of "tightness" to the area treated immediately post treatment and for up to 72 hours post procedure.
6. Recommendations for post care will be given on an individualized basis.

POST-TREATMENT For best results, the weeks after the procedure...

1. Mild inflammation, redness and swelling should be expected and is in fact part of the rejuvenation process. Please refer to Pre-Treatment instructions for expediting the healing process.
2. Apply recommended skincare products per instruction by the Registered Nurse for 3-7 days post the procedure.
3. Additional use of oral Arnica and/or lotion or salve may be used to provide a natural healing and anti-inflammatory benefit to the skin.
4. Avoid the use of cold cloths and ice to the area for 48 hours unless otherwise instructed by your provider.
5. Avoid Vigorous Exercise for 72 hours after treatment.
6. Avoid steam rooms, saunas and swimming for 48 hours after treatment.
7. Avoid direct sun exposure and use a physical chemical free sunblock to protect your skin and allow for the best benefit and skin rejuvenation effects.
8. Avoid the use of NSAIDs such as Ibuprofen, Motrin, Aleve, Aspirin, etc, for 3-7 days prior to the procedure. Tylenol is ok for pain relief right up to & the day of the procedure- no more than 4000mg within 24 hours.
9. Avoid the systemic use of corticosteroids for 1-2 weeks after the procedure.
10. For best results avoid alcohol or cigarettes for 3-7 days after the procedure
11. Avoid the use of any retinol, Retin-A, topical antibiotic gels or dermatological strength products for 7 days after the procedure.

12. Lotion P50 can be resumed 72 hours after the procedure and may need to be diluted based on patient sensitivity. Biologique haircare products can be resumed in 48 hours. Biologique Shampoo can be resumed immediately.
13. Do not take a shower for at least 8 hours after your treatment and do not apply hair products for at least 24 hours after your treatment.
14. In rare cases infection may be present. Please contact our office promptly if you notice any warmth, irritation, unusual redness, or swelling, fever, signs of drainage in the area, or severe pain.
15. Increased thickness in hair for scalp treatments is typically noted in 6-8 weeks but most often occurs in 4-6 months. Individual results may vary.
16. It is normal to experience bruising, redness, itching, soreness, and swelling that may last 3-10 days following your procedure.
17. Eat a healthy diet free of artificial ingredients or preservatives and hydrate with at least 64 ounces of purified water daily.

PHOTOGRAPHS I authorize the taking of clinical photographs for internal training purposes, during in office patient consultations, for Aging Centers of Connecticut social media accounts, and for external marketing providing information about the center or procedures.

I understand and agree that all photos will become the property of Anti-Aging Centers of Connecticut and will not be returned. I hereby irrevocably authorize the Anti-Aging Centers of Connecticut to edit, alter, copy, exhibit, publish or distribute these photos for any lawful purpose. In addition I waive any right to inspect or approve the finished product wherein my likeness appears. I also waive the right to royalties or other compensation arising or related to the use of the photos. I hereby hold harmless release, and forever discharge Anti-Aging Centers of Connecticut from all claims, demands, and causes of action which I, me heirs, representatives, executors, administrators, or any other persons acting on my behalf or on behalf of my estate have or may have by reason of this authorization.

DISCLAIMER Informed consent documents are used to communicate information about the proposed injectable or microneedling procedure along with disclosure of risks and alternative forms of treatments. The process of giving informed consent attempts to define the risks and alternative forms of treatment. The informed consent process attempts to define the principles of risk disclosure that should generally meet the needs of most patients in most circumstances. This informed consent should not be considered all inclusive in defining other methods of care and risks encountered. Your provider or affiliated medical personnel may provide you with additional or different information, which is based on all the facts in your particular case and the state of medical knowledge. Standards of medical care are determined on the basis of all the facts involved in an individual case and are subject to change as scientific knowledge and technology advance and as practice patterns evolve. The risks cited are the ones that are particularly associated with aesthetic PRP microneedling and injections. Other complications and risks can occur but are even more uncommon. Please be advised that PRP therapy is not a permanent solution to hair loss. As a therapy, it is recommended to continue to treat the affected area with ongoing PRP therapy sessions.

CONSENT My consent and authorization for this elective procedure is strictly voluntary. By signing this informed consent form, I hereby grant authority to the Registered nurse to perform this platelet rich plasma procedure including injections or microneedling or a combination of both for the purpose of rejuvenation and regeneration of tissue on the face and scalp. I have read this informed consent and certify I understand its contents in full. The procedure and side effects have been explained to me including alternative methods, as have the advantages and disadvantages. I am advised that while good results are expected, the possibility and nature of complications cannot be accurately anticipated and therefore, there can be no guarantee as expressed or implied as to the success or other results of the treatment. I am aware that the PRP treatment is not permanent and natural degradation will occur over time. I understand that clinical results may vary depending on individual factors, including but not limited to medical history, skin type, patient compliance with pre-and post treatment instructions, and individual response to treatment.

All of my questions have been answered to my satisfaction and I consent to the terms of the agreement. I agree to adhere to all of the safety precautions and instructions after the treatment. I have been instructed in and understand post-treatment instructions and have been given a written copy of them. I understand that injections and microneedling with PRP is not an exact science and acknowledge that no guarantee has been given or implied by anyone as the results that may or may not be obtained by this treatment. I also understand that this procedure is "elective" and not covered by



insurance and that payment is my responsibility. A payment plan may be set up upon approval from management and I understand that should my information change, I will notify management to either update my payment information or provide an alternate form of payment.

I hereby give my voluntary consent to this PRP procedure and future procedures at Safelase Institute of Connecticut LLC, dba Anti-Aging Centers of Connecticut and release Anti-Aging Centers of Connecticut, the medical director of the practice and Nurse Practitioner Alica Burr, the Registered Nurse performing the procedure, and associated staff and technicians from liability with the procedure. I have read and understand the above photo release and I certify that I am a competent adult of at least 18 years of age and am not under the influence of alcohol or drugs. I agree that should I have any questions or concerns regarding my treatment that I will notify the office and/or the provider immediately at 203-848-1484 or 203-256-0095 so that timely follow up and intervention can be provided. When completing the medical questionnaire, I have answered the personal medical history questions fully and to the best of my ability. I understand that it is my responsibility to inform my provider at each session of any changes to my medical history, medications, vitamin and herbal supplements, new procedures I have done that were not performed in this office. This consent is valid until all or part is revoked by me in writing.

Patient Name _____ Date _____

Patient Signature _____

Nurse Signature _____ Date _____

PRP: HOME CARE PRODUCTS FOR HAIR RESTORATION

LOTION P50 CAPILLAIRE EXFOLIATOR

Gently exfoliates the scalp, regulates excess sebum to rebalance the scalp, balances the pH of the scalp, gently purifies the scalp. Contains exfoliating agents (AHA, BHA, cider vinegar), sebo-regulating agents (burdock extract, white dead-nettle extract, pine bark extract), anti-dandruff (jujube extract), and purifying agent (magnesium chloride, vitamin B3). – **\$120**

MINI GLOVE PRODUCT PENETRATION

Can actually be used on face and scalp; Increases microcirculation to the area and helps increase product penetration for best results. – **\$19**

SHAMPOOING TRAITANT VIP O2 SHAMPOO

For fragile and devitalized hair; Eliminates particulate pollutants from the scalp and hair and restores the shine and strength of vulnerable hair. Contains cleansing agents (apple juice sugars, coconut sugars, complex of coconut sugars and corn), oxygenating agents (BR proprietary oxygenating complex, yeast extract), and anti-pollution agents (shea detox). – **\$75**

COMPLEXE CEGABA & BIOPROLINE SERUM

Reinforces hair, slows down hair loss over time, stimulates hair growth. Contains anti-hair loss agents (tetrapeptide and red clover extract), growth stimulating agent (carboxyethyl Aminobutyric acid) and sheathing agent (pomegranate extract). – **\$209**

BAUME CAPILLAIRE CONDITIONER

Repairs and soothes cuticle scales, gives vitality and radiance to hair, protects hair against external aggressions, gives softness and suppleness to hair. Contains Protective active agents (wasabi and tomato extracts), repairing agent (silk extract), radiance enhancing and smoothing agents (Jicama and Lemon extracts, broccoli oil). Apply after shampoo. – **\$82**

DO THE FOLLOWING 2-3 TIMES A WEEK FOR BEST RESULTS

1. Apply the p50 Capillaire the night before you're going to wash your hair in the morning.
2. At night, spray the p50 on your head and massage into the scalp using the mini glove. If you don't have time to apply the night before shampooing, you can apply 15 minutes prior to shampooing the next morning.
3. Shampoo in the morning like normal, keep in mind this is not like regular shampoo, so it will not foam up as it is not stripping the scalp of natural oils.
4. If applying conditioner, apply after rinsing shampoo and let sit for 5-10 minutes.
5. After shampooing/conditioning and rinsing, apply the Cegaba serum on and head out the door.

* When treating Hydrafacial Keravive, put aside your Cegaba serum & use the Keravive spray in its place for the month

* When used twice per week, Cegaba serum will last 90 days; three times per week, 60 days.