



PRP-Treatment – Procedure, Preparation and Aftercare

Procedure of the Treatment

- **Individual consultation:** Before each treatment, a personal conversation takes place to explain the procedure and clarify any questions.
- **Blood collection:** Depending on the treatment area, one or two tubes of your own blood are taken.
- **Preparation:** The blood is processed in a special centrifuge to obtain platelet-rich plasma.
- **Preparation of the injection:** The plasma is drawn into fine injection syringes.
- **Treatment:** The obtained plasma is injected point by point into the skin using very thin needles. In sensitive areas such as around the eyes, a blunt cannula may be used.
- **Completion:** The treated skin areas are cleansed.
- **Follow-up discussion:** At the end, you will receive instructions for home care

Preparation

To ensure your treatment is pleasant and runs smoothly, we have put together some recommendations:

- One week before the treatment, avoid taking blood-thinning medications or supplements (e.g., Aspirin, Ibuprofen, fish oil).
- One day before the treatment, refrain from consuming alcohol, caffeine, or theine (e.g., energy drinks, cola, iced tea, coffee, matcha).
- For facial treatments, please arrive without makeup if possible.
- For scalp treatments, come with freshly washed hair on the day of the treatment and avoid using hair products such as hairspray or hair oil.
- On the day of the treatment, have a small meal beforehand.



Aftercare

To best support your skin after the treatment, we provide practical recommendations for home care:

- Treat the skin as gently as possible after the treatment and avoid direct strain.
- Avoid intense sun exposure and tanning beds in the first few days.
- Use skincare products only after consultation and avoid irritating ingredients.
- Drink plenty of water to support the body during regeneration.
- If you have any questions or uncertainties, we are always available to advise you.

✦ **Note:** This information is intended for general guidance only and does not replace medical advice. Individual recommendations will be provided during a personal consultation.