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Hair loss treatment

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How we treat hair loss

Hair loss can be a distressing condition, and several treatments, including PRP (Platelet-Rich Plasma) and exosome therapy, are gaining attention for their potential to promote hair regrowth.

Platelet Rich Plasma (PRP)

PRP therapy involves using a person's own blood to stimulate hair growth the way it works for PRP for hair loss:

- **Growth Factors:** Platelets contain growth factors like PDGF (Platelet-Derived Growth Factor), VEGF (Vascular Endothelial Growth Factor), and TGF- β (Transforming Growth Factor Beta), which can stimulate hair follicle activity. These growth factors are thought to promote the repair of damaged hair follicles and increase the blood supply to the scalp, leading to healthier hair growth.
- **Stem Cells Activation:** The growth factors in PRP may activate dermal papilla cells and hair follicle stem cells, which are crucial for hair regeneration.
- **Increased Blood Flow:** PRP is believed to increase vascularity in the treated areas, which could improve the overall environment for hair follicle regeneration.



Exosomes

Exosome Therapy for Hair Loss can be combined with PRP, or as a stand alone treatment. Exosomes are tiny vesicles (nano-sized particles) that are released by cells and play a key role in intercellular communication. In the context of hair loss, exosomes are used as a form of regenerative medicine.

How it works

- **Cellular Communication:** Exosomes carry signalling molecules that can influence gene expression and promote cell regeneration. When injected into the scalp, they can promote hair follicle survival and growth.
- **Regenerative Potential:** Exosomes are thought to enhance the regenerative capacity of stem cells, facilitating the growth of new hair follicles or improving the health of existing ones.
- **Anti-Inflammatory Effects:** Some studies suggest that exosomes may have anti-inflammatory properties, which could be beneficial for conditions like androgenetic alopecia (male or female pattern baldness) or other inflammatory scalp conditions.



The Treatment

The PRP process involves

- **Blood Extraction:** A small amount of blood is drawn
- **Centrifugation:** The blood is processed in a centrifuge to separate the components. The goal is to concentrate the platelets, which are rich in growth factors, from the rest of the blood.
- **Injection:** The platelet-rich plasma is then injected into the scalp in areas where hair loss is occurring with a needle and syringe, and/or a microneedling pen. A numbing agent will be used to reduce discomfort. The entire injection process usually takes around 30–60 minutes, depending on the size of the area being treated.

After treatment

After the PRP treatment, the doctor will provide instructions on how to care for your scalp. The post-treatment care generally includes:

- Avoiding touching or massaging the treated area for the first 24 hours.
- Avoiding strenuous activities or exercise for 48 hours to reduce the risk of swelling or bruising.
- Not washing your hair for 24 hours after treatment, though some people can resume washing the following day with gentle shampoo.
- Avoiding direct sun exposure or heat treatments on the scalp for a few days.

Results

Some people may notice initial improvements in hair texture, volume, and thickness within 2 to 3 months after the procedure.

Full Results: The full results typically become visible within 6 to 12 months, as the PRP stimulates hair follicles and promotes regrowth.

Follow-up Treatments: PRP treatments usually require a series of sessions to achieve optimal results. A typical treatment plan consists of **3 treatments spaced 4 to 6 weeks apart** in the initial phase and maintenance sessions every 4–6 months to maintain hair growth and prevent further loss.



PRP is most effective for individuals with early to moderate hair loss. It works well for conditions like androgenetic alopecia (male and female pattern baldness), telogen effluvium, and other non-scarring hair loss types.

It is not ideal for severe hair loss (if hair follicles are severely damaged or dead, PRP may not be effective).

Safety

Possible Side Effects and Risks include

- Discomfort: Some patients may experience mild discomfort or tenderness at the injection sites.
- Swelling or Bruising: Swelling, redness, or bruising at the injection sites is common but usually subsides within a few days.
- Headache: A mild headache may occur in some patients after the procedure, but this is generally temporary.
- Infection: As with any injection procedure, there is a slight risk of infection, though it's rare when the procedure is performed under sterile conditions.
- PRP may not be suitable for individuals with certain medical conditions, such as blood disorders (e.g., thrombocytopenia), active infections, or scalp conditions (like active eczema or psoriasis). A thorough evaluation by a healthcare professional is essential.



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