PRP for hair & skin

Understand the cause, set realistic expectations, and compare your options.

THE KEY POINT

Hair loss and skin concerns need different assessments. Evidence for one use of PRP does not establish that every cosmetic use works.

Start with the diagnosis

Hair loss has many causes. A dermatologist can evaluate the pattern, scalp and medical history and decide whether tests are needed. PRP may help selected people with hair loss, but it is not a treatment for every cause. [7]

Why might someone consider PRP?

To prepare PRP, a blood sample is processed to concentrate platelets. The preparation is then injected into the target area when appropriate. Some patients consider PRP as part of a hair-restoration plan. Results are gradual, and repeat treatment may be needed. [7,20]

What about skin rejuvenation?

PRP is used in some aesthetic procedures, but evidence for reducing wrinkles and other signs of aging remains limited. Do not equate an appealing before-and-after photograph with reliable evidence of benefit. [8,20]

Education only. Individual care requires a qualified clinician. Clinical review pending.

Evidence, benefits & tradeoffs

Hair goals

Ask how the type and stage of hair loss affect the chance of benefit, what change can be measured, and which other treatments should be discussed. [7]

Aesthetic goals

Ask exactly which concern is being treated: texture, scars, pigmentation and wrinkles are different problems. A qualified clinician should explain what evidence supports the proposed procedure. [8]

A realistic review plan

Ask for a baseline, a planned review date and criteria for continuing or changing the plan. Improvement should be assessed consistently rather than promised in advance.

RISKS TO DISCUSS

A blood draw and injections can cause discomfort, bruising and swelling. Infection, tissue injury and other complications are possible. Ask how your health, medicines and skin condition affect suitability. [8,20]

Compare the alternatives

Depending on the diagnosis, discuss options such as minoxidil, prescription treatments, hair transplantation, or watchful waiting for temporary shedding. For skin concerns, compare PRP with other appropriate dermatology care. [7,8]

Make the conversation count

1. What is causing my hair loss or skin concern?
2. Am I a reasonable candidate for this specific procedure?
3. What evidence supports it for people like me?
4. How many visits might be needed, and what is the total price?
5. How will photographs and progress be assessed fairly?
6. Who will perform treatment and manage any complication?

Why evaluation matters

An earlier hair-loss assessment can help identify treatable causes and discuss appropriate care. That does not mean every patient should start PRP now. Take time to understand the diagnosis and choices. [7]

The RegenLuma approach

RegenLuma's educational approach favors a clear diagnosis, realistic expectations and informed choice. We will identify confirmed clinicians and available services when clinic arrangements are finalized.

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Sources & your notes

Read the original resources for context. These sources support education; they do not endorse RegenLuma or determine your eligibility for treatment.

[7] American Academy of Dermatology: Hair loss: diagnosis and treatment (December 13, 2022; current patient resource)

[8] American Academy of Dermatology: PRP and younger-looking skin (Current patient resource)

[20] Johns Hopkins Medicine: Platelet-rich plasma injections: patient education (Current university health-system resource)

Notes for my visit