

## **BOUNDLESS True PRP Facials with Micro-Needling**

### **What is Platelet Rich Plasma (PRP)?**

Platelet rich plasma (PRP) therapy is a natural, non-surgical treatment option that uses the injection of concentrated platelets to activate and strengthen the body's healing/inflammation response to injury, relieving pain by promoting long-lasting repair and regeneration. Platelets are nature's healing centers, carried in your blood stream. When they arrive at an injury site, they release hundreds of proteins, called growth factors, activate local progenitor cells, and attract stem cells to replace the damaged area with normal tissue. A PRP treatment amplifies this natural healing response by collecting platelets from a blood sample, concentrating them 4x-10x baseline, and re-injecting them into and around the area of injury.

### **What is Micro-Needling**

Skin needling is also called micro-needling therapy or collagen induction therapy. It is a minimally-invasive, non-surgical, and nonablative procedure for facial rejuvenation that involves the use of a micro-needling device to create controlled skin injury. As each fine needle punctures the skin, it creates a channel or micro-wound. The controlled injury triggers the body to fill these micro-wounds by producing new collagen and elastin in the papillary dermis. In addition, new capillaries are formed. The neovascularization and neocollagenesis following treatment leads to a reduction of scars and overall skin rejuvenation – improved skin texture, firmness, and hydration.

### **Why Platelets Rejuvenate Skin**

Platelets are the cells in the blood that help tissue to heal and grow new cells. The PRP, injected into specific areas of the skin, acts as a matrix that promotes your own collagen to grow, regenerates tissue, and thus acts as to naturally smooth and tighten the skin. In this way, PRP softens wrinkles and creates smoother skin texture and tone.

PRP stimulates your own collagen to grow for total facial rejuvenation, rather than individual wrinkle improvement. PRP is used to volumize faces that are beginning to look drawn; plump out cheek indentations; soften under-eye hollows; improve skin tone, tightness, and texture; and fill in areas where hyaluronic acid fillers cannot reach or are not safe to use.

### **Is all PRP the same? How is BOUNDLESS PRP different?**

A wide variety of PRP preparations are available. There are a number of commercial systems that generate easy-to-produce, turn-key PRP of varying quality. Some kits produce a mixture high not just in platelets, but also in white and red cells (which causes the PRP to look red or bloody and results in unwanted higher inflammation levels and pain). Other systems produce a much clearer solution (low in white and red cells) that is, unfortunately, also low in platelets. Recent publications support our observation that most commercial PRP systems are inefficient and inconsistent at producing PRP of sufficient concentration and quality for optimum healing and rejuvenation.

At BOUNDLESS, we strive to incorporate the most up-to-date research to ensure superior results and have optimized a hand-crafted process of producing highly concentrated, custom-made PRP shown to surpass most commercial systems in platelet recovery and selection in our in-house GMP-quality lab. We offer handmade, personalized PRP preparation options depending on your healing needs, from a “pure,” clear, more anti-inflammatory preparation, to a stem cell and macrophage-rich mixture. This allows us to offer you a personalized regenerative treatment plan that optimizes your chances of healing naturally and obtaining a more youthful appearance.

### **What does the treatment involve?**

We use our own advanced skin rejuvenation protocol to perform micro-needling in conjunction with PRP. We combine our experience and expertise with the additive rejuvenating effects of these two procedures in order to achieve the best outcome.

A small collection of blood (30ml-60ml) is taken and processed to give us the PRP required for your treatment; this is done in our in-house lab. We place your blood into a centrifuge in order to separate the plasma and platelets from your red blood cells. The concentrated source of autologous platelets within the plasma contains numerous growth factors that stimulate tissue regeneration and remodeling. While the PRP is being prepared, your skin will be numbed, cleansed, and prepared for the treatment. We use a pen-like device for micro-needling that creates hundreds of tiny channels in the skin. This first step injures the skin in order to provoke a healing cascade. In order to help speed and intensify the repair and rejuvenation of your skin, we then apply your own processed “PRP serum” to the skin.

## **Expectations and After-Care**

The goal of PRP skin rejuvenation therapy is to improve skin tone and texture, tighten skin, and soften lines. As well, we aim to reduce the appearance of pore size, wrinkles, stretch marks, acne scarring, and surgical scarring. Results begin to show 3-4 weeks after the treatment session and continue to improve with time. One to three treatment sessions are generally recommended, spaced 1-2 months apart, to achieve the best outcome.

Initially you will see slight swelling and redness from the treatment itself; this will gradually subside. For the first 2 weeks, there is minimal change. The neck is slower to improve than the face. Results become more visible around the 3-week mark as platelets stimulate growth factors with concomitant collagen and skin production. This improvement will continue over the ensuing months, particularly in skin texture and tone, providing a thickening and tightening effect.