

Hair Therapy: Platelet-Rich Plasma

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ABSTRACT

There are many Hair therapies and hair transplantation techniques, out of which Platelet-Rich plasma is one the therapy for hair loss, Platelet-Rich Plasma is also denoted as PRP it is a three-step medical treatment during which an individual's blood is drawn, processed, then injected into the scalp. Some within the medical profession think that PRP injections trigger natural hair growth and maintain it by increasing blood supply to the follicle and increasing the thickness of the hair shaft. Sometimes this approach is combined with other hair loss procedures or medications.

Keywords: Hair loss, Platelet-rich plasma, Male pattern baldness

INTRODUCTION

There hasn't been enough research to prove if PRP is an efficient hair loss treatment. However, PRP therapy has been in use since the 1980s. It's been used for problems like healing injured tendons, ligaments, and muscles. Hair loss and thinning hair are common problems across all genders. About 50 million men and 30 million women have lost a minimum of some hair. It's especially common after reaching age 50 or as a result of stress. And there are seemingly many different hair loss treatments with varying levels of reliability and success. But some are based on much more solid science than others. One of these treatments is platelet-rich plasma (PRP). PRP may be a substance drawn from your blood and injected into your scalp which will purportedly help heal bodily tissues, including follicles from which your hairs grow. PRP is extracted from your blood employing a centrifuge-like mechanism which will separate the substance from your blood and increase the concentration of specific proteins that promote healing. This makes PRP potentially usable on its own for the treatment of tendon injuries and osteoarthritis Trusted Source. Research also suggests that PRP injections can help treat androgenic alopecia (male pattern baldness). Let's get into what precisely the research says about the success rate for PRP treatment for hair loss, whether PRP has any side effects, and what results you'll expect. It is especially important to follow the doctor's instructions regarding medications that prolong bleeding, such as aspirin, naproxen, ibuprofen or blood thinners. The patient should not take aspirin unless a doctor has prescribed it, but acetaminophen is fine for a headache. When PRP is employed to treat hair loss, the patient should wash their hair the day of treatment, and not use any products on the hair [1]. A clean hat should be delivered to the appointment and worn after the procedure to guard the world. Because PRP therapy involves drawing blood, it is important for the patient to eat a meal before

the procedure to avoid light-headedness. The connection between the hair growth and Platelets is that Platelets are one of four primary components of blood (the other three are red blood cells, white blood cells, and plasma). Platelets promote cell growth and regeneration. As the term "platelet-rich plasma" suggests, platelets are generally about five times more concentrated in PRP than in regular blood. This concentration of platelets is useful, because platelets secrete growth factors than are thought to assist in wound healing and tissue regrowth. When it comes to hair loss, the theory is that platelets, injected deep into the scalp to reach the bottom of the hair follicle, may stimulate a specialized population of cells named dermal papilla cells, which play a critical role in hair growth. The procedure of PRP is as follows [2]:

- A medical professional draws blood from a vein in the arm.
- They place the blood sample in a centrifuge.
- The centrifuge spins the blood, separating its components.
- A medical professional extracts the platelets using a syringe.
- A doctor injects the platelets into targeted areas of the scalp.

The entire process may take about 1 hour, and a number of other sessions could also be necessary. After receiving PRP treatment, an individual can usually return to their regular activities with none limitations. Because PRP therapy involves injecting your own blood into your scalp, you aren't in danger for getting a disease. Still, any therapy that involves injections always carries a risk of side effects such as:

- Injury to blood vessels or nerves
- Infection
- Calcification at the injection points

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- Scar tissue

There's also the chance that you could have a negative reaction to the aesthetic used in the therapy. If you decide to pursue PRP therapy for hair loss, let your doctor know in advance about your tolerance to anaesthetics. The patient should avoid washing the treatment area for 48 hours. After that, it's alright to use hair and skin care products and continue with topical medications. The treatment area could also be sore for 2 or three days, and therefore the patient may notice some bruising [3]. Acetaminophen can help ease discomfort. In case of severe pain, the patient should notify the doctor's office directly. Hair dye or colouring treatments can resume one week after PRP treatment. The effect of treatment is most noticeable after at least six months. Repeat treatments could also be necessary to take care of the development in hair growth and texture [4].

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