



Studio PRP Frequently Asked Questions

PRP in general

How does Platelet Rich Plasma (PRP) work?

PRP contains platelets and signaling proteins. The Platelets contain growth factors that signal your bodies "stem-cells" and facilitate regeneration of tissue (collagen, elastin, blood vessels, nervous tissue, cartilage, etc.). The PRP "fluid" is absorbed in a few days, however the signaling continues to "work" recruiting stem cells and repair proteins to come to the site of injection to heal and regenerate. This process is similar to dropping off a work crew onto a worksite - and waiting for the tools to arrive. The "work crew" is the PRP (growth factors and signal proteins), and the "tools" are the stem cell and cytokines that are recruited to the site. This process starts immediately and is still working at 12 weeks and beyond.

Example: When you scrape your knee, platelets are activated, growth factors and cytokines (proteins) are released to signal the healing elements to the injured area. All the healing cells go to work over time to repair the area of damage. The repaired skin on your knee is new skin with improved blood flow and collagen. Your body gets the 'signals' to regenerate the dysfunctional or aging cells by the injection of PRP into the desired area. Activated platelets are creating a scaffolding of growth factors and stem cells to regenerate the tissue - including blood supply.

Annual PRP procedures could be helpful to address the normal on going cellular degenerative aging process.

Are Platelet Rich Plasma (PRP) procedures FDA approved?

Platelet Rich Plasma (PRP) procedures are not approved or disapproved by FDA because PRP is not a drug. The FDA has approved the PRP harvesting kits that are used in the platelet collection process and they have been deemed safe. PRP has always shown to be safe and is effective at regeneration, healing and rejuvenation in many different medical specialties.

What is the Future of Platelet Rich Plasma (PRP)?

As people seek out alternative options to surgery for injuries and other conditions, therapies using PRP are becoming in demand. Patients and physicians alike are excited about PRP because PRP is a regenerative therapy. Treating patients with the healing power offered from their own body is revolutionary. Further research will occur and the use of these treatments will continue as long as they prove to be effective.

Why is the same dose given to everybody?

The equipment that is used by Studio PRP Trained Providers is all the same. Studio PRP insists



on utilizing the best quality protocols and equipment necessary to achieve the best results. Studio PRP Trained Providers do not work for a manufacturer of PRP devices. Studio PRP Trained Providers are a group of physicians dedicated to collaborating for the good of Patient outcomes. We want to achieve the best results. Therefore, we share ideas, techniques and expertise among the group.

The dosage of platelets can vary between patients because each persons starting platelet count can be a bit different. The PRP harvesting system used by Studio PRP is validated and proven consistent in concentrating the PRP. The most important element is concentration of platelets.

Are there any considerations before having a PRP procedure?

Certain factors (ie, smoking and alcohol intake) diminish stem cell release. Avoiding these will increase the success of any PRP procedure.

Platelets work by causing an inflammatory reaction. If this inflammatory reaction is diminished, the clinical outcome may be compromised. For this reason, the use of anti-inflammatory drugs before and after the procedure is not recommended. We recommend that you do not take NSAIDS or Steroid medications for 1 week before the procedure and 2 weeks after. You may take Tylenol for pain or discomfort both before and after without diminishing PRP effectiveness.

Who should not have PRP Treatment?

Although PRP is a promising therapy for most patients, there are a few special considerations.

CONTRAINDICATIONS: PRP use is safe for most individuals between the ages of 18- 80. There are very few contraindications, however, patients with the following conditions are not candidates:

1. Pregnancy or Lactation
2. Acute and Chronic Infections
3. Skin diseases (i.e. SLE, porphyria, allergies)
4. Cancer
5. Chemotherapy treatments
6. Severe metabolic and systemic disorders
7. Abnormal platelet function (blood disorders, i.e. Hemodynamic Instability, Hypofibrinogenemia, Critical Thrombocytopenia)
8. Chronic Liver Disease
9. Anti-coagulation therapy (Coumadin, Warfarin, Plavix, Aspirin, Lovenox)
10. Underlying Sepsis
11. Systemic use of corticosteroids within two weeks of the procedure.



Are there any adverse effects of PRP treatments?

Adverse effects are rare.

RISKS & COMPLICATIONS: Some of the Potential Side Effects of Platelet Rich Plasma include:

1. Pain at the injection site
2. Bleeding, Bruising and/or Infection as with any type of injection
3. Short lasting pinkness/redness (flushing) of the skin
4. Allergic reaction to the solution, an/or topical anesthetic
5. Injury to a nerve and/or muscle as with any type of injection
6. Itching at the injection site(s)
7. Nausea /vomiting / Dizziness or fainting
8. Temporary blood sugar increase
9. Swelling at treatment site
10. Minimal or no effect from the treatment

Can I have a consultation without having the procedure?

Studio PRP providers encourage you to schedule a brief consultation before scheduling the procedure. It this consultation (which can be done over the phone) you will have an opportunity to have all of your questions answered. You will also be provided important information to help you have the best possible experience and results

Can I have a consultation and the procedure in the same day?

You may have services on the same day as a consultation as long as you make your desire for service known at the time of scheduling.

What should I expect during my appointment?

Your Studio PRP provider will review your medical history. You will have an opportunity to ask questions should you have any. A topical numbing cream is applied to the injection area (s). Your blood is then drawn and prepared. Once your PRP is ready, the doctor will inject into the desired area.

Will I need to bring anything with me?

You do not need to bring anything with you.

Priapus Shot

What should I expect during my appointment?



Your Studio PRP provider will review your medical history. You will have an opportunity to ask questions should you have any. A topical numbing cream is applied to the injection area (s). Your blood is then drawn and prepared. Once your PRP is ready, the doctor will inject into the desired area.

You will then be instructed on how to use the pump for the best regenerative results. The entire visit will last approximately 30 minutes.

Are there any side effects or down time?

There are typically no side effects or downtime. A small superficial bruise may develop at the injection site. Patients can return to work, exercise and any other activity the same day (including sexual activity).

What is the Priapus Shot post procedure protocol?

After the Priapus shot procedure you are instructed to use a vacuum pump device to stretch the tissues of the penis for 10 minutes twice daily **a minimum of 6 weeks to get the maximum benefit**. You may pump for 10 minutes in same session with 5-minute break between. It is ok to continue pumping past 6 weeks. It is also OK to pump up to 30 minutes twice daily, allowing 60 minutes between sessions. The mechanical stretching of the tissue acts as a catalyst to continue the regenerative process. If increased girth and length are desired, you will likely need to pump frequently until your goal is reached (months to years). Subsequent Priapus Shots may help to facilitate this process.

Do I need to come back for a follow up visit after the Priapus Shot procedure?

Generally, a brief phone conversation or office visit (15 minutes) at 4 weeks is recommended after your procedure. (No charge). A plan for further care will be considered at that time if necessary.

Will I need a 2nd Priapus Shot?

Some men choose to have a 2nd Priapus shot for various reasons. You may have a 2nd Priapus shot after 4 weeks should you desire.

How many Priapus Shots can I have?

There is no known limit to the number of Priapus shots a man can have safely. Evaluation by a Studio PRP provider skilled in the use of PRP is necessary to determine potential risk and benefit.

Is there any research or current studies involving PRP and Priapus Shot?

There are published studies showing effectiveness in animals and small groups of men for. There are current studies underway. The results of these studies will be reported and



published as soon as possible. Studio PRP is involved in clinical research as the leader in PRP treatments for men and women.

Is the Priapus Shot covered by Insurance?

Currently this procedure is not covered by insurance including Medicare.

Will the Priapus Shot help with Erectile Dysfunction (ED)?

Erectile Dysfunction is often due to cardiovascular disease, diabetes, anxiety and medication side effects. Having satisfying sexual function depends upon blood flow, nervous system function, and the overall quality of tissue, health and hormone levels.

Many men with ED seek treatment and are given the option from medications both oral and injectable to surgical implants.

The Priapus shot is an excellent treatment for ED and for men interested in better sexual function and the prevention and preservation of sexual function. PRP can be used safely in conjunction to other treatments you may be using for ED.

It may be necessary for more than one Priapus shot to achieve the functional goals. There is usually additional benefit with subsequent Priapus shot procedures spaced at a minimum of 4 weeks apart.

For preventative care or to maintain good erectile function and sensitivity it is recommended that you consider an annual Priapus shot.

What can I expect if I have tried other medications for ED?

The Priapus shot procedure can rejuvenate the tissue so that other treatments work more effectively. The results are variable and there has not been enough data collected to provide success rate statistics. Most men report benefit but the specifics are variable. It sometime takes more than one Priapus shot to reach desired goals.

Are there any guarantees with the Priapus Shot procedure?

This is an elective procedure and there are no guarantees that you will achieve the desired results. If you are seeking enhancement as your main goal, you may need a 2nd or 3rd shot along with the pumping protocol to achieve your goals.

Does the Priapus Shot procedure help with Peyronie's Disease?

There have been reports of improvement in patients with Peyronie's Disease but no published articles or validated research. Reports for pain and discomfort are positive and curvature



improvements are variable. There is no known risk of worsening your condition with this procedure.

Currently there is no published literature on the use of the Priapus shot procedure specifically for Peyronie's disease. There is published data on rat models that show significant treatment for nerve and blood flow damage.

O-Shot Procedure

What should I expect during my O-Shot procedure appointment?

Your Studio PRP provider will review your medical history. You will have an opportunity to ask questions should you have any. A topical numbing cream is applied to the injection area (s). Your blood is then drawn and prepared. Once your PRP is ready, the doctor will inject into the desired area.

You will then be instructed on how to use the APEX device for the best regenerative results. The entire visit will last approximately 30 minutes.

What is the clinical protocol?

After the O-Shot procedure, you are asked to use the APEX pelvic bowl exerciser device to stimulate and strengthen the pelvic floor muscles. Please use the device daily for a minimum of 10 minutes for 2 weeks. The more you use the device the better. You may continue daily or weekly use indefinitely for continued benefit.

Does the O-Shot treat urinary incontinence?

Many women report significant improvement of stress and urge incontinence. There are many reports of total resolution of the problem. Strengthening the pelvic floor musculature in conjunction with PRP can significantly impact urinary incontinence. StudioPRP Providers recommend using the APEX medical device in combination with PRP for the best outcome.

Does the O-Shot procedure hurt?

Most women are quite comfortable during the procedure. The discomfort is often described as a mild pinch or mild sting, lasting only a few minutes. The numbing feeling may last 30-60 minutes after the procedure.

Are there any side effects or downtime with the O-Shot?

There are typically no side effects or downtime. There may be a few drops of blood from the injection site. You can return to work, exercise and any other activity the same day (including sexual activity).

Do I need to come back for a follow up visit after the procedure?



Generally a brief phone conversation or office visit (15 minutes) at 4 weeks is recommended. (No charge). A plan for further care will be considered at that time.

Will I need a 2nd O-Shot?

Some women choose to have a 2nd O-shot for various reasons. You may have a 2nd O-shot after 4 weeks should you desire.

How many O-Shots may I have?

There is no limit to the number of O-shots a woman can have safely. Evaluation by a physician skilled in the use of PRP is necessary to determine potential risk and benefit.

Is the O-Shot covered by Insurance?

Currently this procedure is not covered by insurance including Medicare.

Are there any Studies or Research on the O-Shot procedure?

There is one article published in the Journal of Sexual Medicine. (see PRP FSD 7.2014)

Can I have the O-Shot done if I am pregnant?

NO –Women who are pregnant or lactating should not have the O-Shot procedure.

If you are not sure – a pregnancy test will need to be done prior.

You will be asked to sign a document to verify that you are not pregnant or lactating at time of the procedure.

Can I have the O-Shot if I am menstruating?

Yes, you can have the procedure done during menstruation. Anytime of the month in a woman's cycle is acceptable.

Are there any guarantees with the O-Shot procedure?

This is an elective procedure and there are no guarantees that you will achieve the desired results. It may take more than one procedure to reach your desired goals.

Scalp PRP for HAIR RE-GROWTH

How does Platelet Rich Plasma (PRP) therapy work for hair regrowth?

PRP injected into the scalp stimulates a dormant hair follicle to grow and an existing hair follicle to produce a thicker healthier hair.



In addition to injecting PRP, the Studio PRP provider will use an advanced micro needling system to further stimulate growth of the follicle and to deliver PRP into the dermis, leading to improved blood flow and hair growth.

What can I expect from the Scalp PRP treatment?

You can expect new hair growth from previously dormant follicles along your existing hairline and improved density, health and texture of your pre-existing hair.

Who is a better candidate for Scalp PRP - man or woman?

Scalp PRP is effective in both men and women and works best in patients with thinning hair.

Can Scalp PRP be combined with hair transplant surgery?

Yes, it can be combined with hair transplant - pre-operatively, intra-operatively, or post-operatively. It not only helps in healthier and faster growth of transplanted hair, but also stimulates the existing thinning hair at the same time.

Is the Scalp PRP treatment painful?

Pain is subjective and patient specific. Most people find the procedure comfortable. A ring block is injected to numb the scalp and treatment area. The ring block combined with a numbing cream, reduces the pain sensation considerably.

How long does the Scalp PRP treatment take?

The entire Scalp PRP procedure takes approximately one hour. You will want to bring a hat or cap with you to the office to wear after the procedure. There may be bruising at the ring block site.

Can I wash my hair after the treatment, and after how much time?

You can wash your hair after 12 hours with your routine shampoo.

How many Scalp PRP treatment sessions will I need?

Scalp PRP therapy can be repeated after 8 weeks. Sometimes more than one session is necessary. Your Studio PRP Provider will recommend adjunctive therapies and medications should it be necessary the best long term result. Some patients may require maintenance therapy once a year or more frequently depending upon the severity of hair loss. On average, the visible results in form of new hair growth can be seen after 3-4 months of treatment and further improvement is noticed in the subsequent months.



Can other hair regrowth therapies be continued concurrently?

Absolutely, PRP can be used in conjunction with other topical and oral medications. In fact, we encourage it and prescribe Scalp PRP as a compliment to a non-surgical approach for improved hair quantity and quality. We recommend PRP therapy along with 82M, a unique formula containing minoxidil, tretinoin, a topical steroid, and a natural 5 alpha reductase blocking agent, oleanolic acid, in addition to several other ingredients.

The Vampire Face Lift™

What is the Vampire Face Lift® ?

The Vampire Face Lift® is a custom-designed procedure that combines the science of hyaluronic acid (HA) fillers, such as Restylane, Belotero and Juvederm; Platelet Rich Plasma and the artful eye of a skilled physician to deliver youthful, natural beauty that is as unique as you are.

How does the Vampire Facelift® Work?

The initial injection of hyaluronic acid fillers is injected skillfully to create a more youthful shape. Once the desired shape is accomplished PRP is injected strategically to start the rejuvenation process. PRP ultimately contributes to the appearance of a younger version of you, with improved skin quality, color and texture. With the Vampire Facelift®, you can achieve youthful, natural all without surgery and minimal downtime.

What can I expect from the Vampire Facelift® Procedure?

Each patient will experience a fresher, more youthful appearance artfully designed to meet your needs. Benefits of The Vampire Facelift® include:

- The skin “glows” because of new blood vessel formation.
- New collagen forms in the dermis and lifts and refines the skin.
- Because the growth factors are working to build a new dermis, the epidermis (the outer most layers of your skin) appears smoother.

Unlike the Vampire Facial™, fillers are used in the Vampire Facelift™ so patients will see the immediate volume effect and improved facial contour. During the following weeks new collagen will form, generating more healthy cells underneath the skin. There is typically a noticeable change in your skin quality.

Can I go to Work immediately after Vampire Facelift™?



Some people do. Dermal filler and PRP is injected into the face and therefore you may experience mild redness, bruising and/or swelling. It is best to expect the worst and allow yourself time before important events, photos, etc. Swelling resolves in 24-48 hours but a bruise can last up to 2 weeks for some people. It is best to avoid strenuous workout for 48 hours after procedure to minimize bruising and swelling.

Is Vampire Facelift™ better than traditional facelift surgery?

Traditional facelift surgery may be necessary for some patients who have the need for more extensive correction. However, traditional face-lift procedures not only exposes patients to many after surgery complications but can also cause a lot of inconvenience due to the long healing time (usually 7 to 10 weeks).

One advantage of the Vampire Facelift™ is that the procedure only involves needle injections to the desired areas of patient's face and requires minimal healing time. And because the patients own blood is what is used, there are virtually no side effects.

Vampire Facelift™ should also be considered after a traditional face lift so that proper volume can be added and skin rejuvenation can occur. Traditional facelift simply lifts the skin but does nothing to facilitate a more youthful shape nor does it improve skin quality, texture and elasticity.

Who is a candidate for Vampire Facelift™?

Well, generally speaking anyone can have the Vampire Face Lift™ as it is a non-invasive cosmetic surgery. Though traditional facelift surgery is perfectly fine for certain patients, more and more people are opting for non-invasive options because it is less expensive and safer than surgery, more effective and offers very minimal downtime if any.

How do you know the Vampire Facelift® is right for you?

A surgical facelift may be useful in very specific cases, but it is not a cure-all for the aging face. The surgical facelift can contribute to a collapse of the face as the skin is stretched tightly over the bone, leaving a skeleton-like appearance and does nothing to improve the quality of the skin. The Vampire Facelift®, however, lifts the face away from the bone, creating youthful volume and restoring shape. In combination with HA fillers, the Vampire Facelift® also improves the skin's texture, color and integrity.

Your Studio PRP provider is happy to consult with you to provide you the best options for achieving your goals.

Are there any side effects of the Vampire Facelift™?



As the Vampire Facelift procedure involves injecting a mixture of the patient's blood and placing it back into the patient's own body, the possibility of having side effects and allergic reactions after the procedure is greatly reduced. Having said that, below are some of the common side effects that can occur when dealing with any sorts of facial filler injections:

1. Mild irritation & itching (depending on the sensitivity of your skin)
2. Mild swelling or edema
3. Bruising (caused by the reaction of your skin to the physical injection)

Is The Vampire Facelift™ Safe?

Although the name is a little frightening, the procedure is a very safe and effective way to lift up the skin and smooth out the wrinkles without distinguishable side effects.

How long will the effects last of the Vampire Facelift?

Each Vampire Facelift™ procedure is usually going to last for about 9 to 12 months. Just like getting your haircut is not a one-time event, cosmetic procedures require maintenance ongoing treatments to restore youth.

The Vampire Facial™

What is the Vampire Facial®?

The Vampire Facial® is a very simple yet incredibly effective strategy for rejuvenating the skin. Platelet Rich Plasma (PRP) derived from your own blood is applied and worked into the skin with a professional micro-needling tool.

How does the Vampire Facial® Work?

The micro-needling tool is used to create micro punctures in the skin thus activating the collagen and elastin cascades to create new cells and rejuvenation. PRP is filled with growth factors and once applied and absorbed into the skin, it begins to work immediately to simulate these new stem cells that exist in the face.

What results can I expect from the Vampire Facial™?

Just a few short weeks after the Vampire facial, the newly formed collagen is growing and generating more and more healthy cells underneath the skin. That is when patients will begin to see improvement in the skin quality, color and texture.

Benefits of The Vampire Facial® include:



- A fresher, more youthful natural appearance
- The skin color becomes a “younger” color because of new blood vessel formation.
- Because the growth factors are working to build a new dermis, the epidermis (the outer most layers of your skin) appears smoother.

What is the downtime associated with Vampire Facial™?

Vampire Facial™ is a simple in office procedure that takes less than an hour to complete. Because micro-needling is involved, which includes tiny punctures in the skin, the face will be red with a very mild swelling. Patients should refrain from exercises that will heat the face, but by the very next day the redness is significantly diminished and regular activity can be resumed.

Are there any side effects of the Vampire Facial™?

The great news about Vampire Facial™ is the process uses nothing more than a patients’ own blood so there is no risk of any side effects. In fact, this benefit is one of the reasons that Vampire Facelift™ is so popular.

How long will the effects last?

The glowing effects of the Vampire Facial™ typically last between 6-9 months, but it is encouraged to have the procedure 3-4 times a year to maintain optimal skin quality, texture, elasticity and the most youthful appearance possible.

Pain Free PRP

What are Pain Free PRP Injections?

Pain Free PRP Injections are used to stimulate healing using one’s own blood components. The procedures begin with a simple blood draw. The blood is processed to concentrate the platelets, which are filled with growth factors and healing proteins. The PRP is then injected directly into the painful site (joint, muscle, tendon). Platelets then release their growth factor. Growth factors recruit stem cells to the area and work to stimulate repair and regeneration at the site, offering the patient pain relief and faster healing rates. In some cases, 1-3 injections are required.

What conditions are treated with Pain Free PRP?

PRP Injections can treat a number of conditions for the hip, knee, arm, shoulder, lower leg and feet. It is best to consult with your physician for a complete listing. However, below is an abbreviated list of conditions that are commonly treated with Pain Free PRP.

- Muscle injury and strains



- Chronic Tendinopathies (tennis elbow, Achilles tendon, patellar tendon and rotator cuff)
- Ligament injuries (ie: medial or lateral collateral ligament—MCL/LCL)
- Osteoarthritis – joint pain

Why use Pain Free PRP injections?

Platelet injections can be an alternative to surgery or can add benefit before, during or after surgery to facilitate healing and improved tissue quality. Ideal candidates are those who prefer a less invasive option to surgery or those who are unable to undergo a surgery. It also allows for a much quicker recovery period and is much less painful than a surgery.

It is important that patients considering Pain Free PRP find a doctor with experience in these types of injections. Not all Studio PRP providers offer Pain Free PRP. You can be confident that the Studio PRP providers that do offer Pain Free PRP are among the most skilled in this area of medicine. It is more likely to have a favorable outcome if the doctor administering the injections is experienced and skilled.

How does Pain Free PRP work?

A large amount of growth factors are released at the site of injury upon injection. These platelets induce an inflammatory response to initiate healing. The platelets are able to restore tendons and ligamentous proteins as well as strengthen cartilage allowing it to become firmer and more resilient.

Does Pain Free PRP injection hurt?

Patients usually tolerate the injection well. However, there can be soreness after the injection due to the PRP-induced inflammatory response. You can expect swelling and soreness during the first 48 hours post injection and can use an over the counter pain medication such as Tylenol to help alleviate the discomfort.

How quickly does Pain Free PRP work?

Most patients see some improvement within 2-6 weeks. The pain becomes less and less as the weeks pass with most clinical trials reporting improvement up to 6-9 months post injection.

Are these Injections Safe?

Platelet injections are safe. Since you are using your body's own blood components and there are no foreign substances being injected into your body, the injections are considered safe.

Infection is a risk with any injection. It is not unique to platelet rich plasma injections. Infections are very rare with PRP.



Using one's own body as a healing mechanism is a relatively new concept in the world of medicine, and an exciting one at that. As therapies such as these begin to prove they are beneficial and effective, you will likely see similar therapies develop in other medical areas.

Is there any Patient who would not be a good candidate for Pain Free PRP?

Patients with severe anemia, low platelet count, abnormal platelet function, active systemic infection or those with an active cancer are not recommended to be administered Pain Free PRP.