

## Recovery Period Timeline



Before

12 Hours

36 Hours

## Recovery After Plasma Lift

PRP is left on your skin overnight and washed off the following morning. Regular activities can be resumed within 24 to 36 hours, including make up and exercise.

There may be redness and some tenderness on the first day, which appears much like a sunburn. The initial redness will subside on the second day. Some patients notice some swelling and a dry, sandpaper texture to the skin the day after treatment. By the third day, the swelling should diminish and the skin will feel smooth.

### Caring for your rejuvenated skin

A daily skin care regimen should include a quality moisturizer and sunscreen for 1 to 2 weeks.

### Results of Plasma Lift: What can I expect

Within a few days patients begin to see noticeable results. Within 2 to 3 months, when the greatest benefit is seen, individuals report fully refreshed skin that looks and feels more youthful and smooth.

## How Is The Plasma Lift Different from Dermal Fillers

Dermal fillers are made of human based, microscopic gel spheres called hyaluronic acid. When injected into a wrinkle or depression, they will fill a deficient area underneath the skin; but, they will not affect the texture or tone of the skin's surface. PRP and Micro needling work on the skin's surface to give it a fresher, smoother, more youthful appearance.

PRP and Micro-needling works on the skin's surface to give it a fresher, smoother, more youthful appearance. When combined with fillers (The Plasma Lift) improvement is seen underneath the skin, as well as on the surface.

KIRK BRANDOW MD, FAACS  
is renowned as one of the premier cosmetic  
surgeons in the Philadelphia area

As a top plastic surgeon in Philadelphia and New Jersey, Kirk Brandow MD, FAACS specializes exclusively in cosmetic surgery of the face, breast, and body.

Dr. Brandow is certified by the American Board of Cosmetic Surgery and is internationally trained in cosmetic surgery.



To learn more, please call to schedule your confidential consultation with Dr. Brandow.



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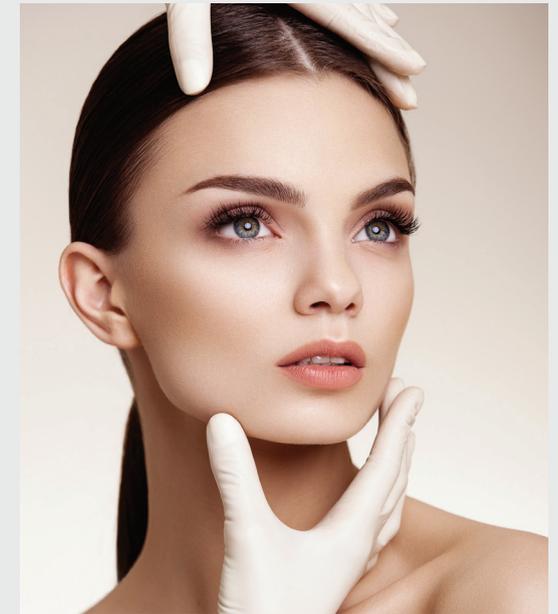
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# Plasma Lift

with PRP

(Vampire Facial)



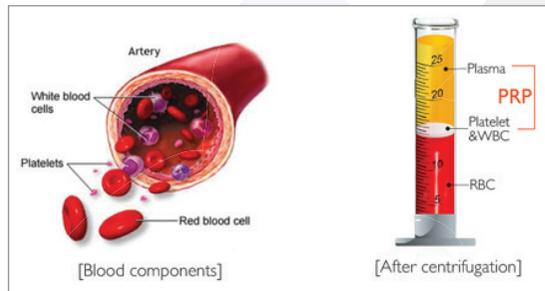
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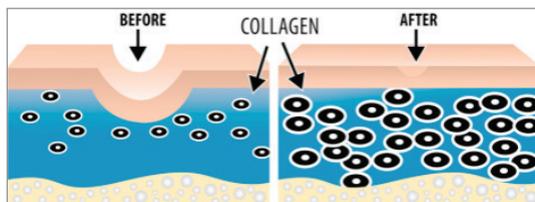
# What is PRP (Platelet Rich Plasma)

PRP therapy was first developed, used and validated for orthopedic surgery with a body of clinical literature accumulated over more than thirty years. In this treatment, the healing platelets from blood plasma separated from a patient's own blood are re-injected into the body to enhance healing.

Platelets are tiny blood cells that are important in the clotting process. As a clot is formed, the platelets release enzymes that promote healing and play a role in tissue regeneration by attracting stem cells to aid in the repair of a damaged area.



The same process is used in the Plasma Lift (**Vampire Facial**). The patient's own blood is drawn, treated, and then the platelet-rich plasma is dripped onto the skin while micro needling is performed. Injections of PRP can also be done into strategic areas to encourage skin healing and renewal through new collagen production and fresh skin cells full of human growth factors.



# How the Plasma Lift Works

The Plasma Lift is a combination of treatments made up of Micro-needling with PRP into targeted areas of the face, neck, chest or body and simultaneous injections of fillers (Juvederm, Restylane, or Fat Transplant) into deeper lines and volume deficient areas.

**Step 1.** Preparation: The treatment area is thoroughly cleansed.

**Step 2.** Isolating PRP: The drawn blood is placed in a centrifuge for 10 to 15 minutes which spins the blood at high speed to separate the gold colored plasma from the rest of the blood. This isolated platelet rich plasma is "activated" with calcium chloride to begin releasing growth factors.

**Step 3.** Topical anesthesia: Our nurse or Dr. Brandow will apply a topical numbing cream to your face.

**Step 4.** PRP is dripped onto the skin and Micro-needling is performed. PRP can also be injected into certain areas of scarring, soft tissue atrophy and hair thinning/loss.



**Step 5.** Repeat: Best results are obtained after about 2 to 3 treatments spaced about 4 to 6 weeks apart.

**Step 6.** Watch and wait: Growth factors contained in the plasma stimulate the release of the skin's stem cells. The skin will then heal itself with new, fresh tissue.

# How Long Does a Treatment Take

An appointment for a Plasma Lift will take about 45 minutes to 1 hour, though treatment time varies depending on the number of areas you are targeting.

## Who is the Ideal Candidate for the Plasma Lift

PRP therapy is autologous, which means it comes from one's own body. Therefore, in theory, we should all be good candidates for this treatment.

Patients who exhibit any of the following conditions would benefit from this treatment:

Enlarged pores

Crow's feet

Dark circles around the eyes

Fine lines

Dull skin tone

Rough skin texture

Acne scarring

Sun damage

Skin laxity of the face, neck or chest

Stretch marks

Post traumatic or surgical scars

This procedure is not recommended for those with skin cancer, blood-related conditions, anemia, and blood or bone cancers. Patients who take blood thinning medication or non-steroidal anti-inflammatories (NSAIDs) should discontinue their medication for a few weeks prior to their treatment and for a few days afterwards according to physician instructions.