



FREQUENTLY ASKED QUESTIONS & IMPORTANT INFORMATION

Thank you for your inquiry regarding Pollock Clinics' Hair Restoration Program. We have compiled a list of frequently asked questions.

What is PRP?

Platelet Rich Plasma also known as PRP is an all-natural solution of concentrated platelets made from the patient's own blood. Platelets possess a variety of growth factors and proteins with powerful reparative and healing properties. There is solid scientific evidence demonstrating that PRP is a powerful tool for hair restoration.

Why should I come to Pollock Clinics? What are you doing that is different from other clinics?

Pollock Clinics has always been committed to providing gold standard care in everything we do- we never compromise! We have been a trusted provider in the healthcare space for over 25 years.

Dr. Pollock and Dr. Chang have treated over 100,000 patients in British Columbia. Each year they are consistently ranked number 1 and 2 out of hundreds of doctors in their respective categories on rate MD and recognized for the quality of care that they provide. Rate MD is an independent rating system where patients are able to rate their degree of satisfaction with their medical care following their experiences with their doctors. Hundreds of independent patient reports posted on this site clearly support why our doctors are so highly rated. You will feel quite reassured after reviewing these multiple extensive evaluations before booking an appointment with our team.

What happens in the initial consultation?

The initial consultation is conducted by our highly qualified and well-trained nursing team in consultation with Dr. Pollock. During the comprehensive assessment, we will examine you and review your medical history and your goals, to determine whether you are a suitable candidate for this treatment and that it is the best option for you.

As Pollock Clinics is a private medical practice, we offer flexibility for booking and accessibility. Patients are able to book an appointment within days of their inquiry.

Why is hair PRP priced differently throughout the city?

To achieve the best results for our patients, we invest in the highest quality of products for treatment to achieve 5 times baseline concentration of platelets, and the latest and most effective technology and tools available to administer treatment, like our automated scalp injector system.

For patient comfort, we also offer regional nerve blocks, while many clinics may only provide topical anesthetic or none at all. Our nerve blocks are helpful because they will make your procedure a lot more comfortable and will allow us to deliver the treatment deeper in the scalp at the optimal depth, which will be most effective.

How long does it take to see results?

Many studies show that giving 4 treatments will produce quite significant results. So, our treatment protocol is comprised of 4 treatments, 1 month apart. 4 months from when you begin the process, you should notice a significant difference. You will have to be patient though, and not be discouraged, if you do not immediately see results after just 1 or 2 treatments. It takes time for the platelet rich plasma to activate and nourish the hair follicles in your scalp.

PRP is rich in growth factors that stimulate the growth of new follicles and lengthen the growth phase of existing hair follicles to promote new hair growth. PRP is able to increase the number of hairs grown in a treated area, as well as the number of blood vessels. As a results, each hair strand is better nourished and thicker. Partial treatments will not produce the same anticipated outcomes.

Reasonable expectations after 4 treatments would be:

- 20% hair regrowth
- 30-40% increase in hair density and thickness
- Increase in hair volume
- Improved texture
- Overall healthier hair

The results of a PRP hair restoration treatment are long lasting but may not be permanent. Maintenance treatments are usually scheduled semi-annually, after the initial set of 4 are given.

How does hair PRP compare to hair transplant?

Hair transplant is a costly treatment and can be \$30,000 or more. There is more down time after getting a hair transplant, and the surgery can take 9-10 hours per day to complete and is often done over 2 days. Along with the time commitment needed for the hair transplant, many patients are uncomfortable with the sudden and stark transformation of their appearance. Some patients may not want the intervention to be that noticeable to the people around them. An important consideration when thinking about a hair transplant is that it is common practice for the physician to prescribe oral or topical medications such as Finasteride (Propecia), Dutasteride (Avodart), or Minoxidil (Rogaine), after the transplant. Using these medications can put you at risk for experiencing serious side effects including erectile dysfunction, ie. losing the ability to achieve an erection and abnormal hair growth on other parts of the body. With our nonsurgical PRP hair treatment medications are not required to maintain the effect - so you will not be put at risk for these troubling side effects that can be long lasting and sometimes never go away once you get them.

After PRP injections, patients experience little to no down time and can go back to work the next day. You will start to see subtle improvements in your hair thickness, volume, and re- growth, gradually over many months. Other people may not even realize that you have had enhancements done to your scalp and hair. The improvements are so gradual it often leaves people wondering why you look more youthful, and how you're having such a great hair day!

What to expect during treatment ?

How long will I be in the clinic?

Our treatment is quick and you will spend under an hour in the clinic. This includes time for collection and processing of your blood to concentrate the platelets to create the PRP solution. While your PRP solution is being processed, you will be getting the anesthetic regional nerve blocks. They take seconds to become effective, after which we will use the automated PRP injector to deliver the PRP virtually painlessly into your scalp. You will have a opportunity after your treatment to review the after care instructions with your clinician should you desire to do so.

How Safe is PRP?

At our clinic hair PRP is virtually painless, has minimal downtime and does not interfere with medication or other health conditions. PRP has minimal side effects, however **possible side effects and risks** include:

- Edema (Swelling) of the injection sites
- Ecchymosis (bruising) or bleeding around injection sites
- Scalp sensitivity and palpable bumps on scalp.
- Itching or redness at the injection site.
- Small areas of scabbing may occur 2-3 days following the treatment. Do not pick at the areas.
- Mild discomfort may persist for a few days. A cool compress may be placed on the area for comfort. The treated area should be cared for delicately.

Rare side effects and risks include

- Infection (signs of an infection can be fever, purulent discharge (pus), severe redness, swelling in the area, and skin that is hot to touch).
- A period of hair loss following the PRP procedure may occur due to generated inflammatory response which is expected to resolve over a short period of time.
- Injury to nerves can occur which may cause numbness of the scalp.
- Allergic reactions are uncommon from treatments. Some persons have localized reactions to topical preparations. Systemic reactions are rare.

Individuals with the following conditions may not be suitable for this procedure:

- A history of bleeding disorders
- Patients that are currently taking anti-coagulation therapy and are unable to stop.
- Those with an immunocompromised state (examples: post chemotherapy, patients on immunosuppressant medications, those with advanced/untreated HIV infection or other conditions that can suppress the immune system)
- History of melanoma or other skin malignancies at the proposed site for PRP injection.

If any of the above symptoms intensify, your clinician should be notified right away by calling our office or Dr. Pollock's emergency line.

Pre & Post Treatment Care

Prior to Procedure:

- If you are on blood thinning medications (antiplatelets or anticoagulants), please consult with your primary care physician or specialist to determine whether or not it is safe for you to temporarily stop your blood thinning medications. If it is considered safe, then you should ask your physician to provide you with detailed instructions on when to stop and when to restart your blood thinning medications. Ideally, we need to stop ASA (Aspirin) or any other anti-inflammatory medications (such as Advil, Motrin, Ibuprofen, Aleve, Naproxen, etc.) at least 7 days prior to procedure and 7 days after. The time frame to stop anticoagulant medications prior to procedure may vary from one drug to another. A detailed instruction will be discussed with patients in advance.
- We also advise patients to stop their over the counter herbal medicine or other alternative supplements, that may thin out the blood (Such as Vitamin E, Ginko, Garlic, and curcumin etc.) for at least 7 days prior to the procedure.
- Avoid Alcohol, caffeine and smoking 1 days prior to your treatment and 1 days after.
- In order to enhance the results, your family doctor may advise you to utilize other prescription therapy options before and after PRP treatments such as topical or oral Finasteride/Dutasteride, topical Minoxidil.
- We recommend a healthy diet, regular exercise, smoking cessation to achieve best results.
- Avoid excessive sun or heat exposure for at least 7 days prior to the procedure and 7 days after.
- Avoid dying hair for at least 7 days prior to the procedure and 7 days after.

Day of Procedure:

- Shower the morning of your treatment and wash your hair very thoroughly using your regular shampoo.
- Do not apply sprays, gels, or any other styling products to your hair.
- If you wear a hair system, please remove it prior to shampooing and do not wear it before your PRP treatments.
- Make sure to eat a normal breakfast or lunch prior to your treatment.
- Drink a sufficient amount of water prior to the procedure to avoid the risk of dehydration.

Post procedure:

Limited activity may be advised, as well as, no sun/heat exposure, saunas, hot showers, steam rooms, swimming 48-72 hours post treatment.

- Try to use hypoallergenic shampoos for at least a week post procedure to wash your hair. (example: Live Clean Hypoallergenic Shampoo)
- Do not use any hair products for 2-3 days post procedure.
- Resume topical hair medications (examples: Minoxidil, topical Finasteride) within 48- hours post procedure.
- Only take Tylenol or Acetaminophen (if not contraindicated) for pain control.
- Ice or cold compresses can be applied to reduce swelling if required although we advise against over-cooling as it may counteract the effect of PRP due to reducing the inflammatory state needed to initiate the healing process.
- Continue to avoid anti-inflammatory medications (examples: Aspirin, Advil, Motrin, Ibuprofen, Naproxen, Aleve, etc.) for another 7 days post procedure.
- Make sure that you restart your anticoagulant or antiplatelet medications promptly after procedure as per your primary care physician or specialist's advice.
- Hair colouring may be resumed 7 days post procedure.

For more information, please call our clinic at 604-717-6200 ext 5 or email greathair@pollockclinics.com.

For Emergencies only, please contact Dr. Pollock directly at 604-644-5775.