

Platelet-rich plasma (PRP),

also known as autologous conditioned plasma, is a concentrate of platelet-rich plasma protein consequent from complete blood, centrifuged to eradicate red blood cells . Platelet-rich plasma therapy is not blood doping.

In fact, PRP therapy, as it's commonly called, is actually a secure and official technique to enlarge the improvement

Side Effects

Pain in the Injured Area

Some people who've undergone PRP therapy complain about an acute ache or soreness in the spot of the injection. Sometimes this pain is even felt deep inside the area, whether in the muscle or bone.

Infection

While a tremendous amount of precaution is taken when injecting a patient with a PRP serum—intense sterilization procedures are, in fact, followed closely for each treatment—sometimes an infection can break out in the injured area.

No Improvement in Injured Area

While this is not necessarily a side-effect, we still need to mention that not all athletes respond to a PRP injection. Sometimes the original pain and soreness of the injury remains even after an extended rest period after the PRP therapy.

Allergic Reaction

Some patients body will reject their own serum and react negatively to the treatment. This is rare, but it does happen. Again, more studies need to be done to understand why.

Blood Clot

Normally, a blood clot forms when there is damage to the lining of a blood vessel, like with a cut. Because a PRP injection uses a needle there is a chance that a artery or vein could be damaged. If that happens a blood clot occurs and is treated like any normal clot.

Skin Discoloration

Sometimes the color around the skin of a PRP injection will appear bruised. This could be normal, based upon your history of bruising. But if it's an unusual deep and dark bruise, or you simply don't bruise easily, contact your doctor as soon as possible.

In fact, if you experience any of the above side effects after a PRP injection contact your doctor as soon as possible.

WHAT ARE THE BENEFITS OF PRP THERAPY?

This type of therapy offers many benefits, including the following:

- Non-allergenic, since your own blood is used
- Non-surgical
- Natural – uses no synthetic fillers

- Can effectively treat a variety of skin issues
- Creates natural-looking results
- Equally effective in men and women
- Results continue to improve over time
- Has few side effects
- Requires no downtime after treatment
- Rejuvenates and regenerates tissue
- Stimulates the production of your skin's natural collagen
- Takes only a few minutes to complete
- Offers both short-term and long-lasting results – often lasting more than a year
- Can be combined with other procedures