

ADD SCHOOL LOGO HERE

PRP (Platelet Rich Plasma) Vampire Facial

Name: _____

COURSE OVERVIEW

The course enables aesthetic practitioners to be able to deliver PRP microneedling to the face and bodies of their clients. To achieve this you will learn the anatomy and physiology of the skin and face and the causes and signs of ageing. As the platelet rich plasma is extracted from the client you will need to understand the structure of the blood, the structure and use of the platelet cell and phlebotomy.

As with any treatment the essential health and hygiene elements will be taught along with client care for pre and post treatment including legal documentation for insurance purposes. This will underpin all practical training facilitated at the training clinic and will result in fully accredited CPD certification.

COURSE DURATION

21 hours of self-guided pre-study to be completed prior to the course.

There are 21 hours of in house theory and practical sessions and all aspects of the course are mandatory and will include phlebotomy and first aid.

ENTRY REQUIREMENTS

Students must have completed the equivalent of NVQ Level 2 Beauty.

What is the PRP Vampire Facial?

PRP Vampire Facial is an exclusive treatment for natural skin rejuvenation using autologous platelets. Treatment uses Platelet Rich Plasma (PRP); stem cells and growth factors in the plasma repair and renew the tissue to rejuvenate the skin. The vampire facial, also known as the platelet-rich plasma (PRP) facial, includes drawing blood from your arm, separating the platelets, and then injecting them into your skin via microneedling or direct injection.

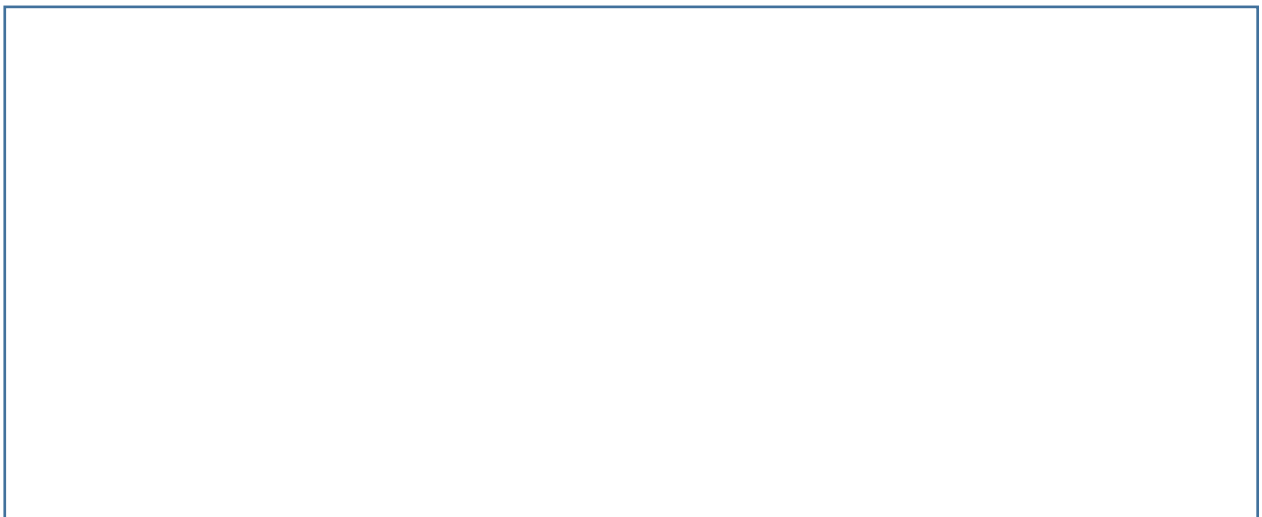
Platelet Rich Plasma (PRP) therapy is an exceptionally safe and completely natural therapy. By activating platelets (to release growth factors from the granules in the platelets), the treatment is made even more successful. Introducing the plasma into the dermis with a micro needle is a time saving and effective application method.

Blood is taken from the client by our trained Phlebotomist, the plasma is then separated from the blood cells with a centrifuge on a hard spin to activate the platelets and stem cells; the plasma is then drawn up into needle free syringes and used as a serum on the clients skin after the skin has been prepared with a micro roller which punctures the skin with fine needs. Stem cells and growth factors in plasma, repair and renew the tissue.

Clinics able to offer this innovative therapy will serve their clients with something:

- Natural
- Safe
- Repeatable
- Adjustable
- Individual

Notes



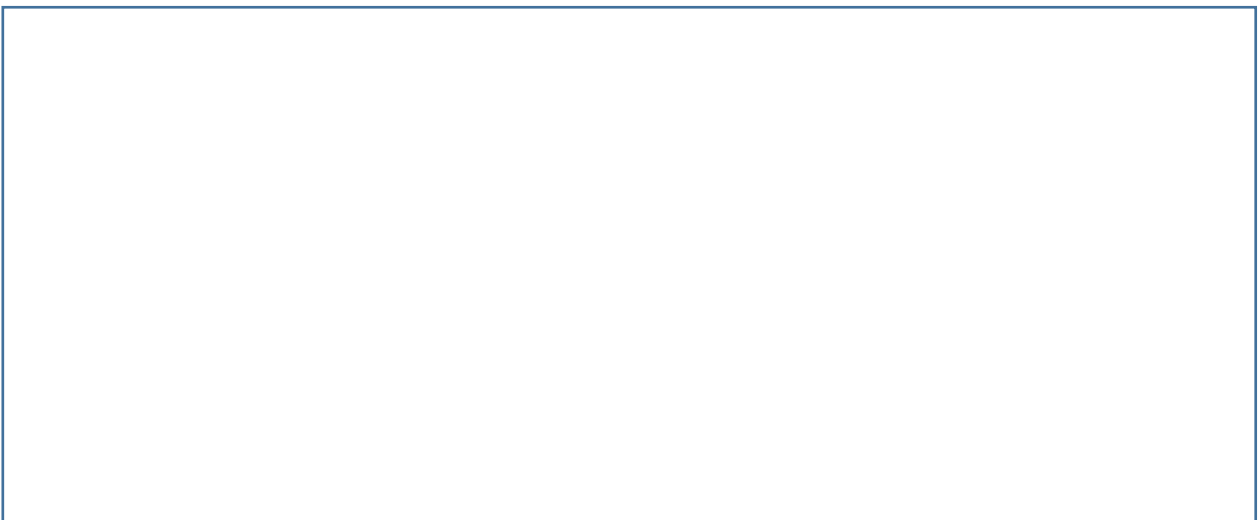
Benefits of the treatment

- Addresses both the epidermis and dermis.
- Protects by applying white blood cells and antioxidants to the skin.
- Protects rejuvenates by introducing growth factors into the skin.
- Treats lines, pigmentation, scars and hair loss by increasing cell renewal time, stimulating collagen and the natural healing mechanism of the skin.
- Integrating the use of activated platelet rich plasma, mesotherapy and micro needle rollers makes it natural, unique and different from other skin therapy systems.
- Rejuvenates by introducing growth factors and stem cells into the skin.
- Reduces appearance of fine lines and wrinkles.
- Visibly reduces scarring, sun damage and pigmentation.
- Skin becomes healthier and thicker.
- Can stimulate hair growth.
- Increased product penetration

What can PRP be used for?

PRP can be used on the face, neck, back of the hands and other areas on the body for skin-rejuvenation with excellent results. Treatment of the face with PRP has been dubbed the vampire facial or dracula facial on various reality TV shows such as Cheshire Housewives. Celebrities such as Kim Kardashian have had this treatment to rejuvenate the skin.

Notes

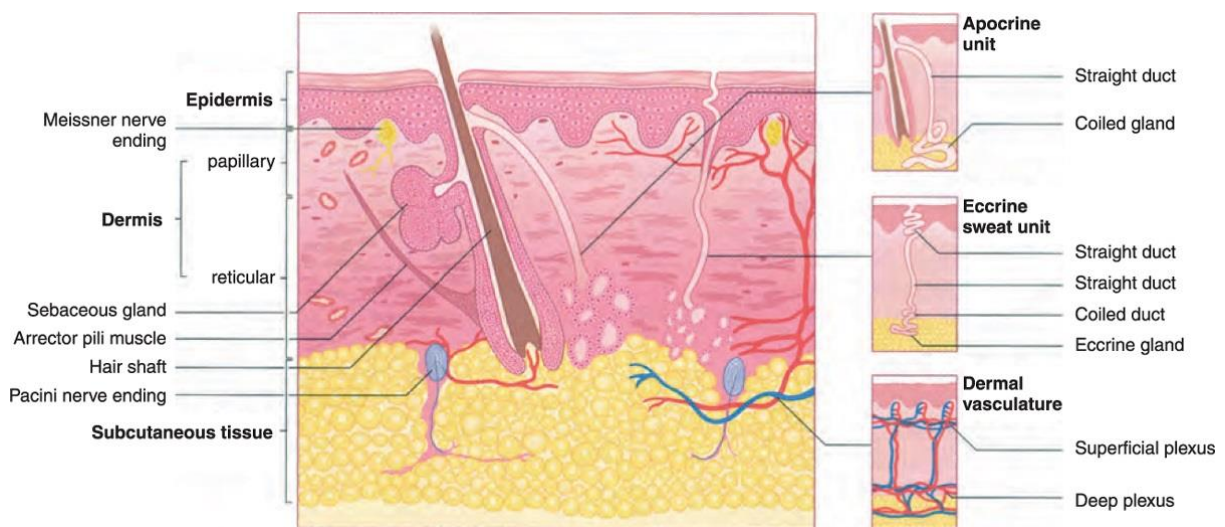


Skincare

Physiology of the skin

The skin is the largest organ of the body, accounting for about 15% of the total adult body weight. It performs many vital functions, including protection against external physical, chemical, and biologic assailants, as well as prevention of excess water loss from the body and a role in thermoregulation. The skin is continuous, with the mucous membranes lining the body's surface.

The integumentary system is formed by the skin and its derivative structures (see below). The skin is composed of three layers: the epidermis, the dermis, and subcutaneous tissue. The outer most level, the epidermis, consists of a specific constellation of cells known as keratinocytes, which function to synthesize keratin, a long, threadlike protein with a protective role. The middle layer, the dermis, is fundamentally made up of the fibrillar structural protein known as collagen. The dermis lies on the subcutaneous tissue, or panniculus, which contains small lobes of fat cells known as lipocytes. The thickness of these layers varies considerably, depending on the geographic location on the anatomy of the body. The eyelid, for example, has the thinnest layer of the epidermis, measuring less than 0.1 mm, whereas the palms and soles of the feet have the thickest epidermal layer, measuring approximately 1.5 mm. The dermis is thickest on the back, where it is 30-40 times as thick as the overlying epidermis.



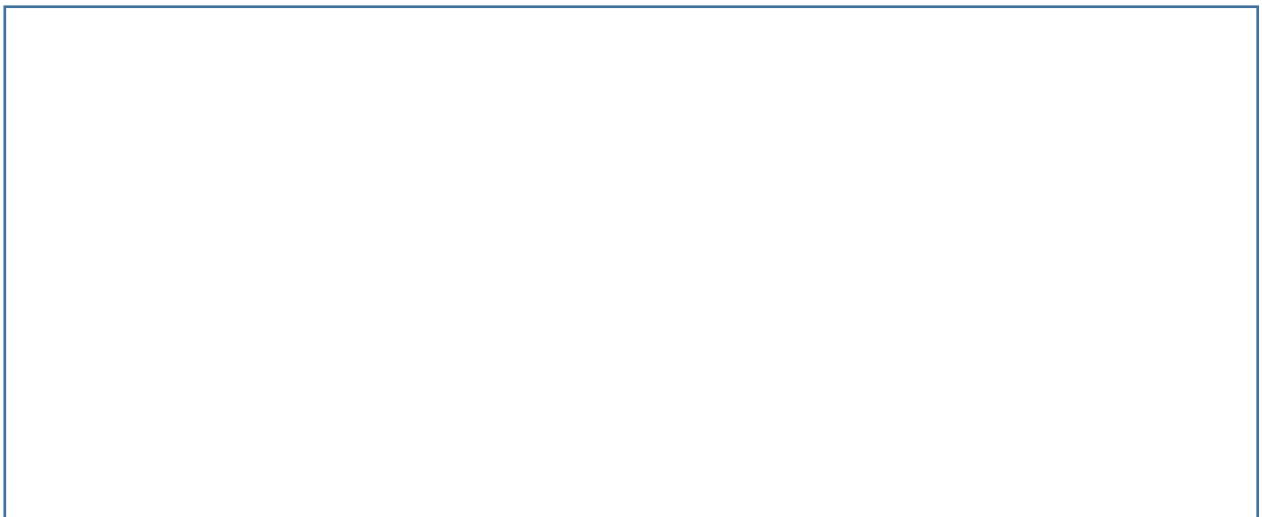
The Ageing Process

The loss of the elastic tissue (elastin and collagen) in the skin with age causes the skin to hang loosely. Skin becomes more transparent as we age. This is caused by thinning of the epidermis (surface layer of the skin). Skin becomes more fragile as we age.

Aging is the natural process of growing older. Yet there are many factors that play a role in whether we age gracefully or if we are the one out of two people who age faster than our biological age.

- Smoking
- Drinking
- Sun exposure
- Care of the skin
- Genetics
- Hormones
- Age
- Cold weather
- Lack of moisture
- Diet
- Stress

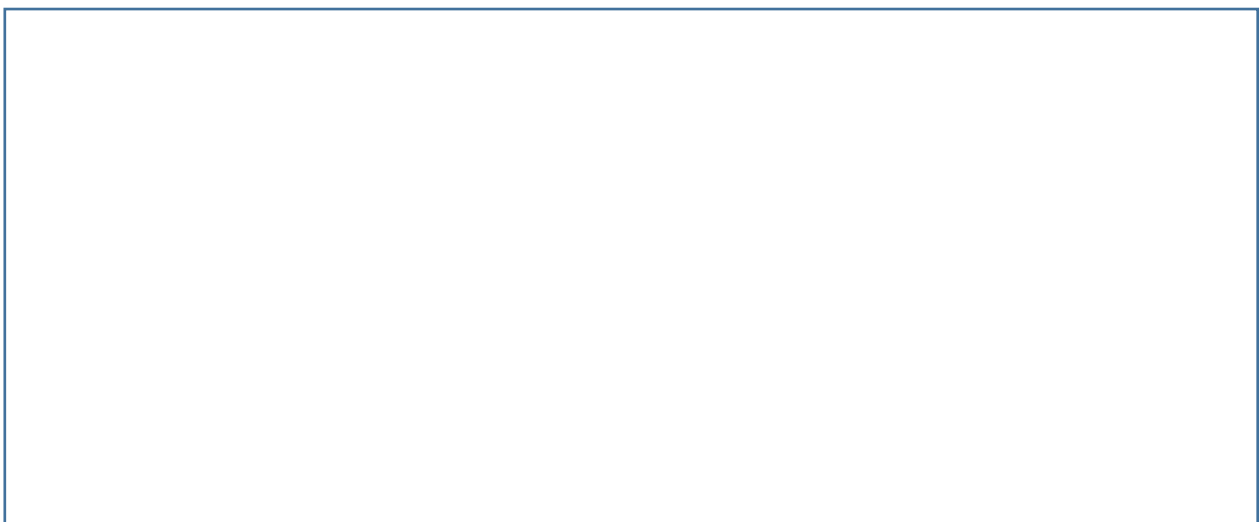
Notes



Contra-Indication and Precautions

- Active acne
- Active rosacea
- Allergies to stainless steel
- Collagen vascular diseases or cardiac abnormalities
- Scleroderma
- Diabetes
- Eczema, psoriasis and other chronic conditions
- Immunosuppressive therapy
- Pregnancy or nursing
- Open wounds or sores
- Raised moles in the procedure area
- Clients on anticoagulants
- Wound-healing deficiencies
- Wait 6 months after Ro-Acutane, Isotretinoin drug
- Irritated skin in the procedure area
- History of contact dermatitis
- History of keloid scars
- History of post inflammatory hyperpigmentation
- HIV positive
- HEP B positive

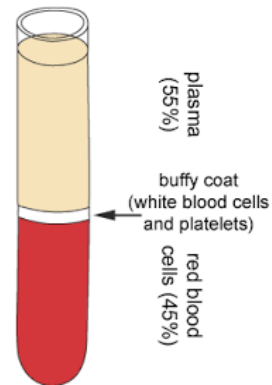
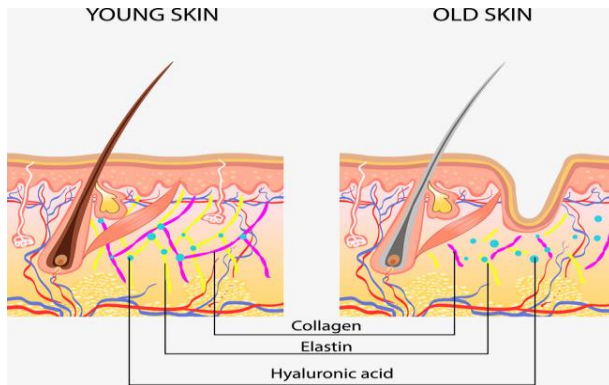
Notes



Plasma and PRP

Plasma is a concentrated source of autologous (from the clients own body). PRP contains and releases through degranulation several different growth factors, cytokines and stem cells that stimulate healing of all body tissue.

All injury to tissue is healed through the effect of stem cells, growth factors and biochemical. Plasma abounds with these chemicals and is a logical substance to utilise in the repair and regeneration of tissue.



Notes

Protocols

Microneedling Step #1: Before The Procedure

Confirm the areas to be treated. Confirm there are no contraindications in play. Refer to Contraindications and Warnings, however these are examples of conditions to look for in your patients. They include: active breakouts or open lesions; active bacterial, fungal or viral skin infections; or skin cancer in the area(s) to be treated. If the patient tends to get herpes simplex infections. If the patient has received isotretinoin, you must wait six months post-treatment before performing micro needling. Isotretinoin can interfere with healing and increase the risk of scarring.

Ask your patient to avoid self-tanning lotions or sprays for 48 hours prior to their procedure. For 24 hours before their procedure, they should stop using skin products that contain vitamin A or retinol and avoid sun exposure. They should let you know right away if they get sunburned the day before their procedure.

Forewarn patients with Fitzpatrick Skin Type IV-VI that the area may darken initially, but this is only temporary.

Microneedling Step #2: The Procedure Itself

- Explain how the treatment going to be carried out and confirm expectations with the patient.
- Take “before” photos prior to beginning the procedure.
- Cleanse the patient’s face to ensure the skin is entirely free of makeup or any other residue.
- Microdermabrasion, Dermaplaining, enzyme peel or glycolic 5% acid peel can be done before treatment to remove the old unshead cells which allow for an improved outcome for the client.
- Apply numbing cream to help the patient feel comfortable during the procedure.
- Remove numbing agent and apply antiseptic solution.

- Pat down the treated area and apply PRP (Platelet Rich Plasma)
- Follow roller/pen instructions for needling the PRP back into the skin.

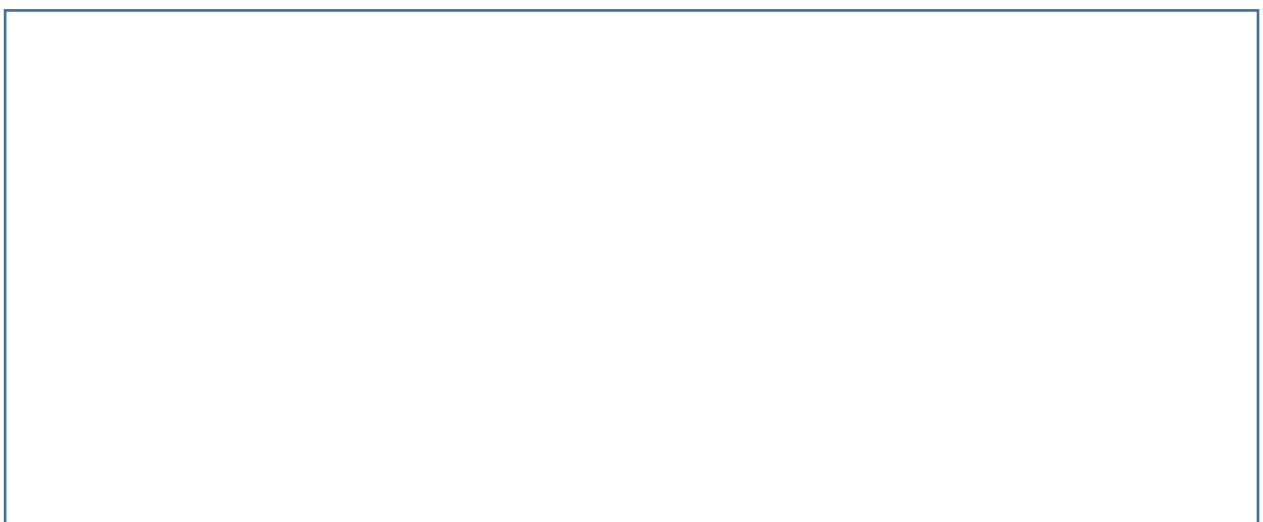
Microneedling Step #3: Post-Procedure & Aftercare

Like any treatment you must follow the aftercare for best results. Your skin is open for 4-6 hrs after treatment, therefore you should treat it like an open wound. The skin will be completely covered in blood and plasma which needs to be left on the skin till the next day. Once the blood and plasma has been washed away you will be a little pink and might even see blood spots/splatter where the microneedling devise has entered your skin. This will disappear after a couple of days, as the skin starts to repair its self.

- Don’t touch the area or let anyone else touch the areas.
- Leave the plasma and blood on your face for as long as possible (till the next day at a minimum)

- A clean pillowslip is advised.
- Clean your face with cool boiled water, not water straight from the tap.
- Patch the areas dry do not rub.
- No makeup for 24-48 hrs.
- Avoid AHA's, Glycolic's, Retinal's or anti-ageing products for 3 days.
- No sun, sunbeds, sauners, steam rooms or extra heat in the sin for 7 days.
- Avoid the gym for 24-48 hrs after treatment.
- 7 days pre or post other regenerative or invasive treatments such as: peels, laser, IPL, resurfacing, RF, fillers, botox etc.
- Your skin will feel tight and dry, this is normal and some people will experience shedding. This is just the dead skin cells falling off.
- Gentle exfoliation for 4 days after will help to remove the dead skin cells.
- 10-14 days later your skin will start to feel amazing.

Notes



Different Types of Microneedling Devices

There are 3 different microneedling rollers to be chosen to suit different client preference and needs.

Derma Roller

- 0.5 will treat the epidermis more comfortably
- 1.5 will reach the dermis and is the maximum length of needle allowed to be used in the UK of the face, anything longer will not be covered by insurance as there will be an increased risk to the client with little evidence of improved rejuvenation.
- 2.0 will treat the body areas such as stretch marks.

Technique needs to follow 4 directions of movement: vertical, horizontal and two diagonals. It is important to perfect the roller technique and maintain a tract in treatment areas; any deviation could cause abrasions in the client's skin.



Notes

Microneedling Device

Next Generation Microneedling or Collagen Induction Therapy

SkinPen® Precision comfortably creates thousands of micro-injuries in the skin to trigger the body's natural wound healing process. This process results in skin remodelling and repairing the injured tissue. Producing organised healthy dermal tissue including Collagen and Elastin.

SkinPen is the only 100% completely sealed cartridge with 14 precision medical grade needles with no hooks or varying lengths to tear the skin, on the market to prevent fluid intake. Has as a single use lock out feature, so removing any possibility of cross contamination.

SkinPen Advantage's

SkinPen is extremely versatile and can be used to treat a number of different conditions. It is suitable for all skin types and can be used on most parts of the body, including the face and neck. This device provides a way to reduce lines and wrinkles, dramatically improve most types of scars, and treat hair loss in both men and women.

It's a very safe solution that comes with little recovery time.

SkinPen is a very safe treatment and because it's a non-surgical procedure, there are no concerns about infection or other side effects of surgery. PRP [Platelet Rich Plasma] therapy is often used with the Skin Pen procedure which has no downtime. It's perfect for people who want to improve the quality of their skin but cannot take the time off work for a more comprehensive solution. Using PRP with our SkinPen procedure uses a person's own growth factors to heal the skin.

The needle depths can be controlled in a twist of the cartridge head from 0.5mm to 2.0mm, increases in 0.5mm per twist.



Notes

Stock List



Lab Laboratory Centrifuge £49.90

<https://www.ebay.co.uk/itm/Lab-Centrifuge-Labofuge-Electrical-Medical-Zentrifuge-Timer-6x-20ml-Tube-4000rpm-/352372016536>



Tourniquet £6.50

<https://www.medisave.co.uk/quick-release-elastic-tourniquet.html>



BD Vacutainer Safety Lok Blood set

<https://www.medisave.co.uk/bd-safety-lok-blood-collection-set-21g-x-0-75-7-tubing-with-holder-x-25.html>



BD Vacutainer PST Tube with hemogard closure

Can be bought from church pharmacy or wigmore medical.



Elite Dermal Roller 1mm 1.5mm £12.00

Can be bought directly from Elite Distributions 0800 0862986



LMX4 Numbing Cream

Can be bought from church pharmacy or wigmore medical.

Other Stock Needed:

- Fragrance free facial wipes
- Plasters
- Suncream
- Surgical Spirit
- Bedroll
- Disposable aprons, hair nets, gloves, masks
- Gauze dressings
- Surgical tape
- Facial Cleanser
- Sharps bin
- Topical anaesthetic
- Kidney bowl

Health & Safety Checklist

- All work surfaces, seats, floors, lower wall regions should be impervious and resistant to liquid spills.
- Floors should be slip resistant, carpets are strongly advised against.
- Your treatment couch should have washable surface and should have a paper roller system to cover it. The paper cover should be changed for each client.
- Choose suitable disinfectant products which will not harm the surface you are going to clean. Areas used directly by clients or by you for the treatment of clients (treatment couch, your work station etc.), should be cleaned after each session in order to prepare your work space for the next client. Other areas should be cleaned daily (walls, floors etc)
- You should have a wash basin that has a foot, elbow or lever operation tap system. You should have a soap from a dispenser and good quality disposable towels. Alcoholic hand rub is not an alternative to soap and should only be used if the hands are already clean. It is possible to 're-disinfect' gloves by spraying surgical spirit on them.
- A separate deep sink will be needed to wash and disinfect your equipment away from your sterile work area.
- Follow the cleaning instructions specific to the machinery you use.
- Purchase appropriate sterilisation equipment to suit your machines (steam, vacuum and ultrasoinication are all available).

Hazardous Waste Disposal



You can read all about Hazardous waste in the link below, remember you are reducing the risk of spreading blood-bourn viruses and protecting the public also means protecting your business.

<https://www.legislation.gov.uk/ukxi/2005/894/note/made>

You should also know that the maximum penalty for failure to comply with a requirement imposed by or under the regulations set out in regulation 69(1) is level 5 on the standard scale (currently £5,000). The Agency may issue fixed penalty notices of £300 instead of seeking conviction in relation to such offences. Other offences under the Regulations (including the provision of false information) are subject to a maximum fine of level 5 if tried summarily and higher fines and also imprisonment if tried on indictment.