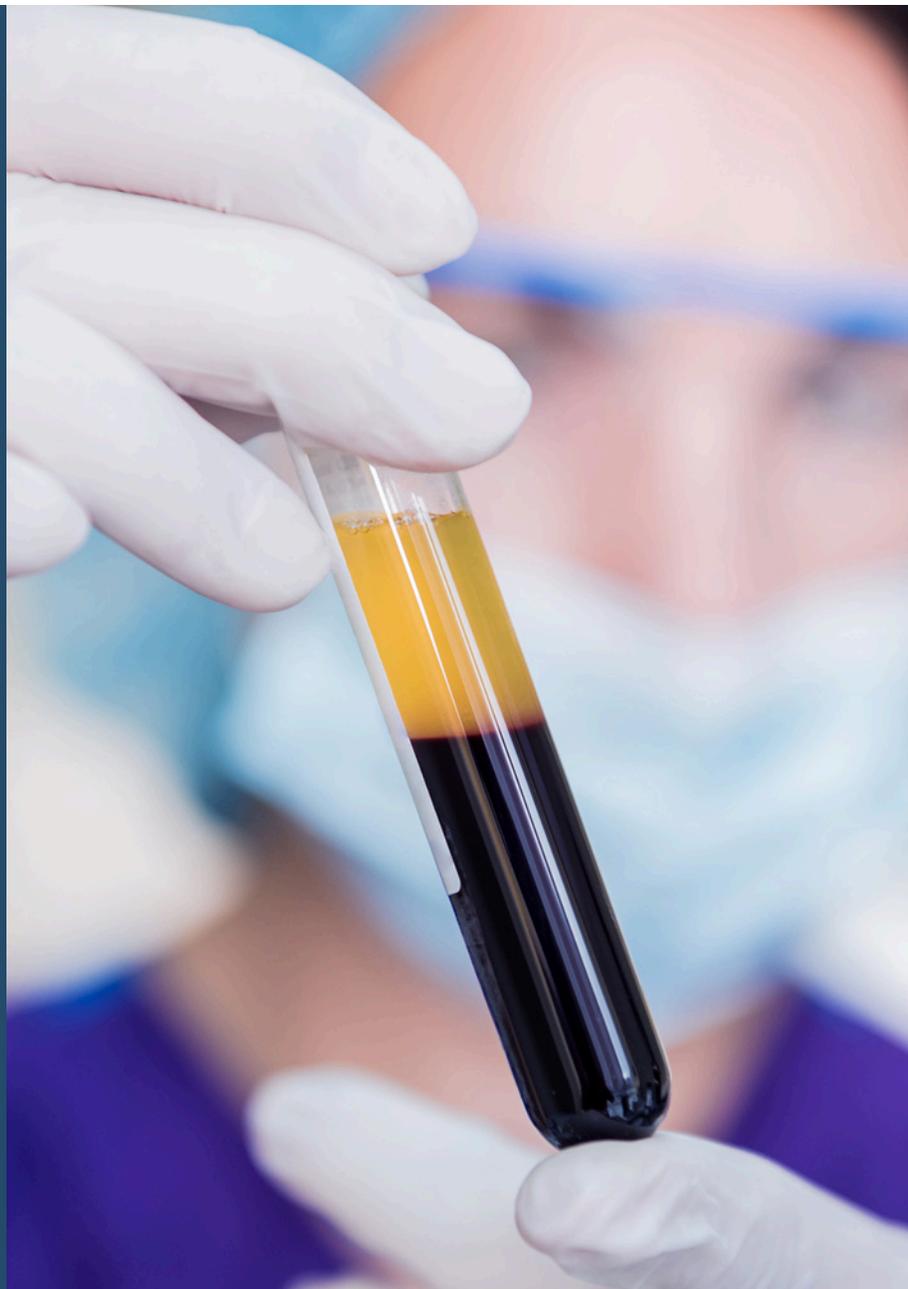


REFERENCE GUIDE



RESTORE. REVIVE. REGENERATE.

INTRODUCTION

FACE Med Store PRP is Changing the Way Doctors Treat Pain, Injury, and Aging.

FACE Med Store PRP is a proprietary system intended for the preparation of platelet rich plasma (PRP) that consists of equipment and supplies, including our FDA-registered Class II PRP tubes. Our tubes are designed to maximize platelet counts due to our unique separation gel and it's ability to separate the blood efficiently, while reducing the total processing time. Our closed loop system is designed to produce both leukocyte-rich and leukocyte-poor PRP with optimal platelet concentrations and cellular content.

The FACE Med Store Difference

What sets FACE Med Store PRP apart, is our patent pending separator gel, which is designed to isolate the maximum number of platelets, while using the minimum amount of anticoagulant so that the PRP injection is less painful for patients, increasing not only satisfaction, but the chances of completing a full course of treatment.

This manual is intended for users of FACE Med Store PRP system. The procedures recommended in this Clinic Manual have been developed and tested to provide safe, reliable and efficient results. It is important that the operator thoroughly understands the information provided in this Clinic Manual before attempting to use the FACE Med Store PRP system.

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Executive Summary

Providing Next-Generation Regenerative Medicine

As a regenerative medical company, FACE Med Store, is committed to delivering value through a patient-centered business approach. FACE Med Store Regenerative Medical is the leading provider in autologous Platelet Rich Plasma (PRP) and other related Cell Therapy technologies. We are committed to working with scientists and practitioners to develop, launch, and supply a wide range of medical devices and quality regenerative products designed for numerous medical disciplines including: aesthetics, orthopedics, pain management, scar reduction, sexual rejuvenation, sports medicine, wound care, and more.

Different & Distinction

We are dedicated to building a distinctive global company culture based on our core values – Innovation, Passion, Integrity, People, and Teamwork. These values continue to shape our brand identity and are incorporated into every way we operate our business.



Commitment to Excellence

Our ultimate goal is to deliver products and services of unsurpassed safety, quality, and innovation. As a result, patients consistently see improved outcomes that enhance their quality of life. We aim to be the world's most advanced, reliable, and trustworthy manufacturing partner in the field of regenerative medicine.

We are proud to be FDA Cleared and ISO 13485 and CE certified (Class IIb) for our PRP Medical Device, as a representation of our company's commitment to the highest standards.

Values & Ideals

Patient-Centered

We put patients first by investing in and continuously improving our high-quality products and services to exceed expectations.

Transparent

We are committed to upholding the highest standards of business conduct in everything we do, in order to help grow your business.

Proficient

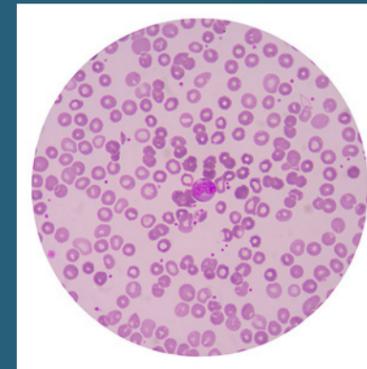
Our comprehensive and hands-on training opportunities are designed to ensure your success.

PRP & PRF DEFINED

Platelet Rich Plasma (PRP) and Stem cell therapy are both biologics that can assist in the regeneration of damaged tissue. Both therapies are effective in harnessing the body's natural healing power and help the body to heal quicker and more thoroughly than it would without. When used early on, platelet-rich plasma and stem cell therapy can help prevent patients from needing more invasive procedures down the road. Both of these therapies provide hope that patients suffering from various ailments will experience better healing in the future.

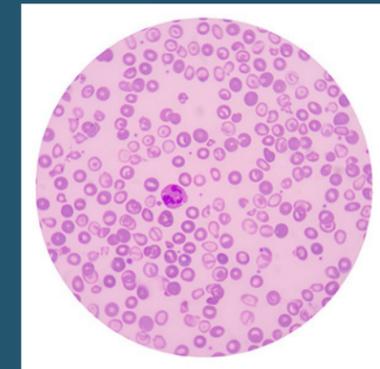
As such, it's not surprising that many people confuse stem cell therapy and PRP treatment. PRP therapy involves taking platelet-rich plasma from a sample of your blood (through a simple needle withdrawal) and using its growth factors and healing properties to treat a condition or injury. Unlike platelets taken from your blood, stem cells are retrieved from your bone marrow or fat deposit. PRP therapy can help trigger healing in old injuries, in order for symptoms to subside. Additionally, PRP therapy can accelerate healing in an area that would have otherwise recovered at a much slower rate. These responses are triggered by injecting a high concentration of PRP into the problem area. Once injected, the platelets go to work and fix the issue causing symptoms.

However, due to the way PRP and stem cell injections work on a cellular level, they can complement each other when used together. Platelet-rich-plasma provides an excellent environment for mesenchymal stem cells to differentiate, which can accelerate the healing process for certain types of injuries. Both of the treatments are relatively safe. Since you're using your own cells, the risk of you having an allergic reaction is extremely low. You might have temporary pain or discomfort at the injection site, but no serious issues, such as incisions or scars are involved. You have a very low risk of developing an infection, and our practitioners take the necessary steps to further minimize this risk.



PLATELET RICH PLASMA (PRP)

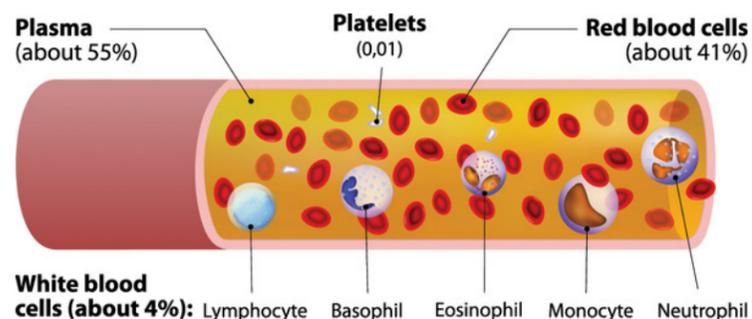
Platelet-rich plasma can be taken directly from a patient's blood which eliminates the risk of rejection. It utilizes platelets from the blood – essentially the body's healing response to injuries – to aid in repairing damaged tissue. Platelets help the body to clot when there are any injuries that cause bleeding, but also release growth factors that facilitate tissue repair. PRP is beneficial for regenerative purposes because platelets contain natural sources of growth factors, as well as proteins and cytokines that stimulate healing. As such, PRP promotes cell repair, which in turn can lead to decreased inflammation and reduction in pain.



PLATELET RICH FIBRIN (PRF)

Platelet-rich fibrin (PRF) is the second generation of platelet-rich plasma (PRP), and the injections are used to rejuvenate skin. PRF injections are made from your own blood and a protein matrix called fibrin. Once harvested, it becomes a gel made up of a high concentration of white blood cells, fibrin, and stem cells (growth factors). PRF injections help stimulate healing. This specific platelet mixture helps build tissue, as fibrin is known to stimulate stem cells which improve collagen and elastin in the skin. PRF can help make the skin heal at the cellular level as fibrin responds positively to an injury. PRF treatments are done over a six to eight-week period.

THE ELEMENTS OF BLOOD



Our blood is a fluid that is also a type of connective tissue. It is composed of blood cells and an aqueous fluid known as plasma. Blood is a component of the cardiovascular system. It is circulated through the body via the heart and blood vessels.



Plasma

This major constituent of blood comprises about 55 percent of blood volume. It consists of water with several different substances dissolved within. Plasma also transports nutrients, sugars, fats, hormones, gases, and waste material contained within blood.



Red Blood Cells (Erythrocytes)

Red blood cells, made from bone marrow stem cells, are crucial for the exchange of oxygen and carbon dioxide throughout the body. The red coloring of blood comes from the iron-containing protein hemoglobin. These cells determine blood type and are the most abundant cell type in the blood.



White Blood Cells (Leukocytes)

These cells play an important role in the immune system and lymphatic system by defending the body against infection. These cells locate, destroy, and remove pathogens and foreign matter from the body. There are several different types of white blood cells, each with different functions.



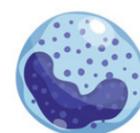
Platelets (Thrombocytes)

Platelets and coagulation factors are instrumental in plugging damaged blood vessel walls and stopping blood loss. These cell components are formed from pieces of cells found in the bone marrow called megakaryocytes. When platelets encounter an injured blood vessel, they clump together to block the opening in the vessel.

Types of White Blood Cells

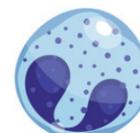
Illustrations and Functions of White Blood Cells

Granulocytes



Basophil

They secrete chemicals such as histamine, a marker of allergic disease, that help control the body's immune response.



Eosinophil

They attack and kill parasites and cancer cells, trapping substances, and modulating inflammatory responses.



Neutrophil

They kill and digest bacteria and fungi. They are the most numerous type of white blood cell and your first line of defense of infection.

Arganulocytes



Monocyte

They have a longer lifespan than many white blood cells and help to break down bacteria and aid in immune surveillance.



Lymphocyte

They create antibodies to fight against bacteria, viruses, and other potentially harmful invaders.

Functions of Platelets

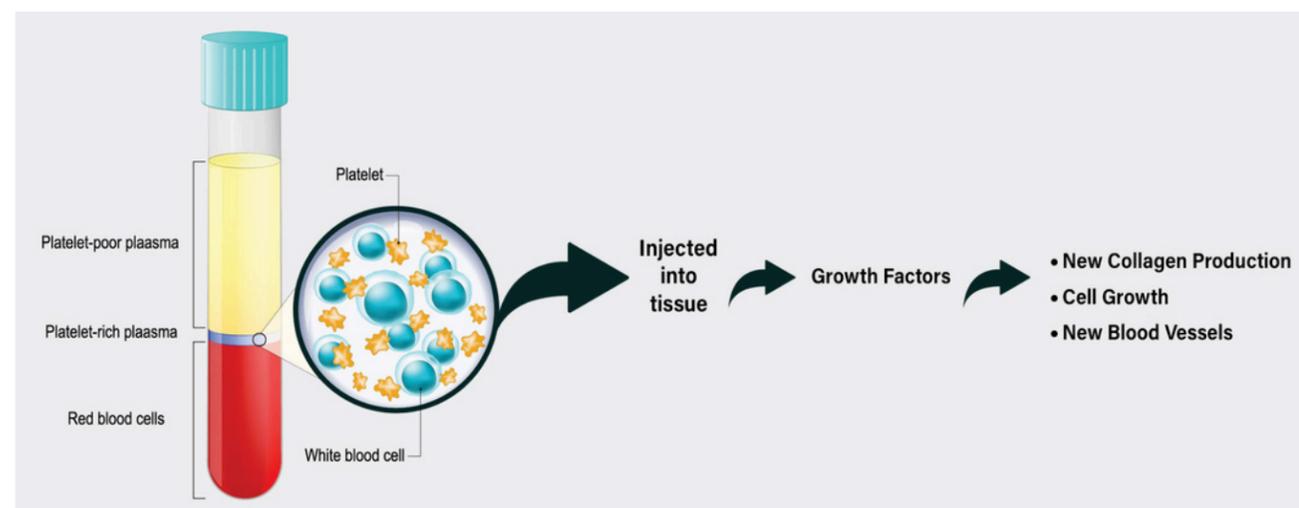
Clotting (Hemostasis)

Platelets circulate in blood plasma and are primarily involved in hemostasis (stopping the flow of blood during injury), by causing the formation of blood clots, also known as coagulation. The adhesive surface proteins of platelets allow them to accumulate on the fibrin mesh at an injury site to form a platelet plug that clots the blood. The complex process of wound repair can only begin once the clot has stopped bleeding.

Releasing Growth Factors

Platelets secrete many different types of growth factors. These growth factors play a significant role in the repair and regeneration of connective tissues. Local application of these platelet-produced healing-associated factors in increased concentrations has been used as an adjunct to wound healing, orthopedics, cosmetics, dental, and veterinary applications for several decades.

KEY PRP GROWTH FACTORS

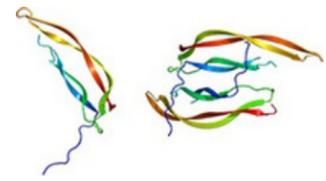
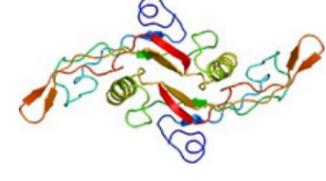
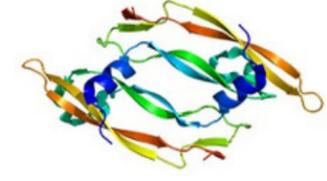


What Are Growth Factors?

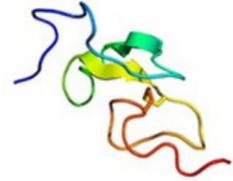
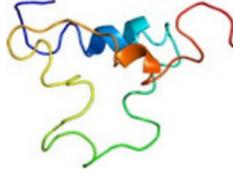
Platelets secrete more than 300 active substances – many of which are growth factors that have amazing healing and regenerative properties. Platelets contain both dense granules and alpha granules. The alpha granule component of platelets secretes the protein growth factors:

- Platelet-derived growth factor (PDGF)
- Transforming growth factor (TGF-β1)
- Vascular endothelial growth factor (VEGF)
- Epidermal growth factor (EGF)
- Fibroblast growth factor (FGF)
- Insulin-like growth factor (IGF)

These growth factors encourage cellular growth and transformation, collagen production, generation and repair of blood vessels, increased time in the growth phase of hair follicles, and tissue repair. By using the FACE Med Store PRP System technology to isolate and concentrate the platelets, these benefits can be packaged into a small volume of plasma and delivered to the treatment area with speed and efficacy.

 <p>PDGF</p> <p>Cell growth, collagen production, new generation and repair of blood vessels</p>	 <p>TGF-β1</p> <p>Induces cell apoptosis</p>	 <p>VEGF</p> <p>Growth and new generation of vascular endothelial cells</p>
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PRP contains 5-10 times as many growth factors than whole blood. It is a purified and concentrated solution of platelets that supercharges the regeneration of tissue.

 <p>EGF</p> <p>Promotion of epithelial cell growth, promotion of wound healing, angiogenesis</p>	 <p>FGF</p> <p>Tissue repair, collagen production, cell growth</p>	 <p>IGF</p> <p>Protective for cartilage cells and activates osteocytes</p>
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FACE Med Store PRP System Overview

Introduction to FACE Med Store PRP



What to Expect from the PRP Treatment

The blood draw for the FACE Med Store PRP treatment takes only a few minutes, followed immediately by an 8-minute centrifugation at 3500rpm. The operator then injects the concentrated platelet rich plasma directly into the damaged or injured area of the body that needs the PRP therapy. The time involved in the application varies based on which procedure is being performed, and patients are able to return to their daily activities immediately following the treatment.

For some patients, one PRP treatment is enough to see positive results, such as reduced inflammation and pain. However, depending on the damage, specific needs, and medical history of the patient, multiple sessions of PRP therapy may be necessary for optimal results.

If this is the case, the PRP treatment sessions will be scheduled in intervals several weeks apart. Over time, the tissue will heal faster and more thoroughly, and the patient will notice less pain and inflammation.

FACE Med Store PRP is a safe procedure with very little risk involved. Because the treatment doesn't involve incisions or stitches, patients don't have to worry about scarring and extended recovery periods. This makes the procedure safe for theoretically every part of the body and reduces the risk of infections and additional pain from the procedure. Additionally, because PRP therapy involves using the patient's own blood for the procedure, there is virtually no risk of complications – because the body's own healing mechanisms are used in the treatment instead of foreign content, which can cause unintended reactions.



FACE Med Store PRP allows patients to return to their lives immediately after the appointment. This is great for patients with busy lifestyles who don't have time to take off from work, school, or other commitments in order to have a medical procedure done.

Indications for Use

The FACE Med Store PRP System is intended to collect and separate blood, which is rich in platelets and red blood cells from the patient's whole blood for point-of-care autologous therapy applications. Our PRP Kits are designed for treatment in the following specialties: aesthetics, orthopedics, pain management, scar reduction, sexual rejuvenation, sports medicine, wound care, and more.

Contraindications for Use

The FACE Med Store PRP System is considered safe when performed by a trained medical provider. Mild risks include pain or redness at the injection site. However, PRP may not be suitable for individuals with a history of bleeding disorders or autoimmune disease. The risk/benefit ratio of point-of-care autologous therapy applications must be determined on a case by case basis by the qualified medical personnel in charge of the patient's care. The responsibility for the use of this PRP system belongs solely to the physician in charge.

Warnings

- This PRP System is intended to be used by a trained medical professional. A trained operator should be present at all times during the procedure. Bio-hazard waste, such as needles and contaminated equipment, should be safely disposed of in accordance with the institutions policy. Disposal of used equipment and/or used FACE Med Store PRP Kits should be performed in accordance with federal, state, and local regulations. These materials should be considered bio-hazardous. Universal precautions for blood-borne pathogens should be practiced (e.g., gloves, Personal Protective Equipment (PPE), etc.) when disposing of these items. The manufacturer will not be responsible for patient safety or PRP Kit performance if
- the FACE Med Store PRP System is operated in a manner other than specified in this manual. Medical individuals performing the operations described in this manual must be properly trained and qualified.

Warnings (Cont)

- To avoid the risk of electrical shock with the centrifuge, the equipment must only be connected to an appropriate 110 volt GFCI outlet. Do not use alternate power plugs or adapters that disconnect the safety ground.
- Place the centrifuge on a flat, stable surface. Never try to move the centrifuge while the device is in operation. Failure to comply may result in damage to the unit and injury may result.
- Do not use the FACE Med Store PRP Kits if the sterile packaging barrier has been broken. • Carefully examine the FACE Med Store PRP Kits for damage prior to use. Should any evidence of damage to the Processing Set be evident, do not use the kits.
- When collecting and processing autologous blood products, it is recommended that the following precautions be followed to insure that the autologous product is not contaminated:
 - Use sterile technique when setting up the FACE Med Store PRP Kits
 - Thoroughly clean and disinfect the donation site • Use sterile technique whenever handling autologous blood products
- Failure to properly secure the Luer Lock Syringe to the Valve Assembly may result in a leakage of fluids
- The platelet rich plasma is not intended for transfusion. • The FACE Med Store PRP System is not intended to be used by the patient. • In case of an emergency, power from the unit can be removed by unplugging the unit from the electrical socket.
- Serious incidents should be reported to FACE Med Store Regenerative Medical, .



Because PRP is derived from the patient's own blood ("autologous" transplantation), there is virtually NO chance of having an allergy or immune reaction.

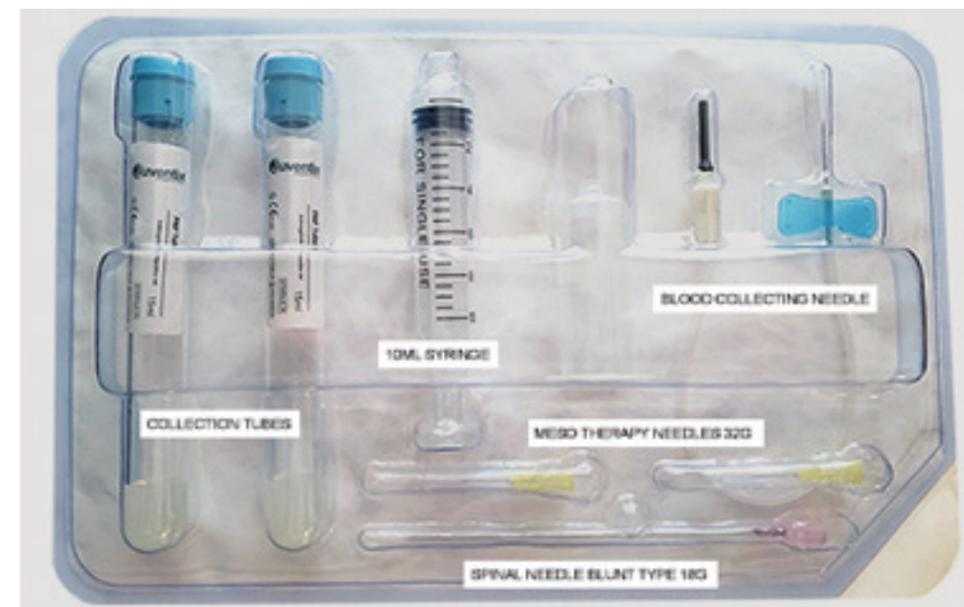
Precautions

- Due to the possibility of operator exposure to blood-borne pathogens (such as HIV, hepatitis viruses, bacteria, etc.), Universal Precautions for blood-borne pathogens should be practiced (e.g., gloves, Personal Protective Equipment (PPE), etc.)
- The FACE Med Store PRP Kit is intended for single patient use only.
 - Once used, it should be disposed of properly.
 - Do not re-sterilize any part of this PRP Kit.
 - The PRP Kit should not be re-used for another patient.
- Carefully read this Operator's Manual for complete instructions. • Failure to properly load the FACE Med Store PRP Kit test tubes into the centrifuge, may adversely affect the performance of the system.
- Luer Lock Syringes should be used with the FACE Med Store PRP Kits. • Pressing the Stop Button on the centrifuge during separation may reduce processing efficiency • The physician ordering the collection of PRP shall use discretion when any of the following conditions exist:
 - sepsis
 - preoperative hematocrit less than 30%
 - preoperative platelet count less than 195,000 per μl
 - hemodynamically unstable
 - prolonged clotting times
 - recent use of anti-platelet drugs
 - inability to maintain stable oncotic pressure
- Only attach the centrifuge's Power Cord to a power outlet that is properly grounded.
- To avoid the risk of electrical shock, do not remove the cover. Refer all servicing to qualified service personnel.

If you require technical assistance, please contact your Customer Service Representative.

info@facemedstore.com

FACE Med Store PRP Kit: Contents & Use



Inside Contents of the FACE Med Store PRP

1. Draw whole blood into collection tubes. INVERT BLOOD TUBE TWICE.
2. Balance collection tubes in centrifuge. Each collection tube is designed to treat 1 large joint. If processing a single tube, fill the balancing tube (black top) with water to counter weight or fill unused blue top tube with water. Puncture black top or blue top to release air out of tube. Water will squirt out. 3. Spin at 3,500 rpm for 8 minutes 4. Using the 5ml (for small joints or areas of injection) or a 10ml syringe (for large joints), attach the large 18 gauge spinal needle to the proper syringe, vent the top of the tube with a needle for ease of extraction, then withdraw platelets and plasma just above the polyester gel separator. You will not see a buffy coat due to the polyester gel that is used in the tube.
5. There will be 1 to 2ml of PPP remaining in the tube once the 5ml is full. This is normal.
6. If treating a smaller area and you want to isolate the PRP from the PPP, attach the 2ml syringe via the stopcock. With the 2ml syringe facing up and the 5ml syringe facing down, push 2ml of plasma from the 5ml syringe to the 2ml syringe to isolate the PRP into the 2ml syringe.
7. Inject into joint capsule/bursa, muscle, ligament or tendon.
8. With a large joint or bursa we typically use the entire 6-7ml plasma that is separated from the whole blood for injection.

Each blood draw vial consists of 1mL of citric acid (ACD) as the anticoagulant and 1mL of weighted polyester gel.

FACE Med Store PRP Kits

-  **High Concentration:**
80% (+/- 9%) platelet yield plus customizable concentrations up to 4.5x in 3cc of PRP
-  **Safe & Autologous:**
FDA Cleared 510(k) Class II medical device (BK170136) non-pyrogenic – sterile – closed system
-  **Low Inflammation:**
Eliminates nearly 100% of red blood cells and 95% of white blood cells
-  **Simple and Consistent:**
Small blood draw, easy to use, reproducible collection process



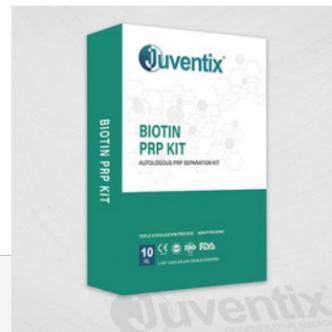
Medical PRP Kit

Our Medical PRP Kit is designed for orthopedics, sports medicine, wound healing, aesthetic surgery, scar reduction, sexual rejuvenation, urology, ophthalmology, pain management, prolotherapy, cardiothoracic and maxillofacial surgery.



HA PRP Kit

Restore fullness on loose skin, perfect fine lines and wrinkles, while improving the appearance of scars with no downtime. This HA PRP Kit is effective for skin rejuvenation around the eyes, cheeks, neck, back of hands, chest, and any other areas that show effects of aging, postpartum, or weight loss.



Biotin PRP Kit

Regenerate healthy new hair growth, as well as, prevent further hair loss with our Biotin PRP Kit. This treatment is designed for male and female pattern hair loss as well as inflammatory scalp conditions such as lichen planopilaris.

Equipment & Accessories



VitalitySpin CENT8 Centrifuge

The VitalitySpin CENT8 Centrifuge is economical, reliable, and super quiet. This durable and heavy duty machine has a capacity to hold 8 prep tubes with a variable speed of up to 4,000 RPM. The horizontal rotor insures clean, complete separation of cellular components yielding a superior plasma specimen.



CENT6-XL Centrifuge

This centrifuge spins at up to 4,000 rpm and has a capacity to hold 6 prep tubes. The benefit of this extremely quiet model is an increased speed for a cleaner and more complete separation of cellular components.



Plasma Bioincubator

Designed to heat and cool multiple syringes of plasma extracted from blood. This process creates an activated Platelet-Rich-Fibrin-Matrix (PRFM) in 10 minutes using the FACE Med Store PRP tubes or HA/PRP Kit for dermal applications.



Dr. Pens

The ultimate in microneedling pens, the Derma Pen Ultima comes with 2) 12 pin cartridges and takes replacement cartridges for 12, 36 and 42 pins to accommodate a variety of treatments.

4 Step Process

Our simple multi-step process yields exceptional results.



Step 1:

Draw Patient's Blood

Less than two ounces (between 15 to 50 milliliters) are required for the procedure. The collection is virtually identical to giving blood for a blood test, with a collection needle inserted into a vein in the arm and the blood captured in a small vial.



Step 2:

Centrifuge the Blood

A centrifuge is a device that spins at high speeds. This action physically separates the solid and liquid parts of the blood: red blood cells (erythrocytes), white blood cells (leukocytes), platelets (thrombocytes), and plasma (liquid).



Step 3:

Separate the Platelets

Regular blood contains about 200,000 platelets per milliliter, while platelet-rich plasma contains as much as five times that amount. The resulting three to seven milliliters of platelet-rich plasma will be collected in a syringe, to be administered immediately.



Step 4:

Inject the PRP

The final syringe of platelet-rich plasma will contain approximately 1-2 teaspoons of fluid. With the guidance of an ultrasound probe, the PRP will be guided into the proper location, based on the nature of the injury being treated.

Orthopedic Applications



Patient receiving PRP Injection of the Knee Joint.

Orthopedics Overview



Conditions Treated by PRP

Musculoskeletal injuries that have been reported to respond well to PRP therapy include:

- Soft-Tissue Injuries (Tendons, Ligaments, Muscles)
- Rotator Cuff Tears
- Achilles Tendon Ruptures
- Tendonitis / Arthritis
- Tennis / Golfer's Elbow

And since PRP therapy can help to speed up the healing process, it is also recommended to patients who undergo surgery to address orthopedic conditions. PRP can help make the patient's recovery time faster and more efficient.

Absolute Contraindications

- + Platelet Dysfunction Syndrome
- + Thrombocytopenia (ITP, TTP)
- + Hemodynamic Instability
- + Septicemia
- + Local infection at site of the procedure
- + Patient unwilling to accept risks

Relative Contraindications

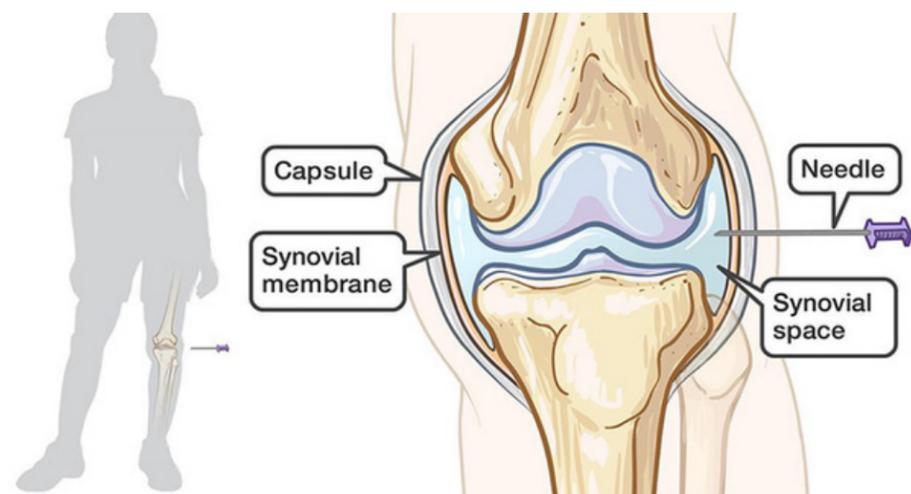
- + Recent Fever/Illness
- + Leukemia
- + Hemoglobin <10g/dL
- + Platelet Count <105/uL
- + Cancer - hematopoietic or of bone
- + Consistent use of NSAIDs within 48 hours of the procedure
- + Corticosteroid injection at treatment site within 1 month
- + Systemic use of corticosteroids within 2 weeks of the procedure

Do Not Resume Use of Corticosteroids or NSAIDs Until 8 Days After Injection Due to the Interference in the Desired Inflammatory Response!

Knee Injection Instructions

Intra-Articular Injection to the Knee Joint- Anterolateral Approach

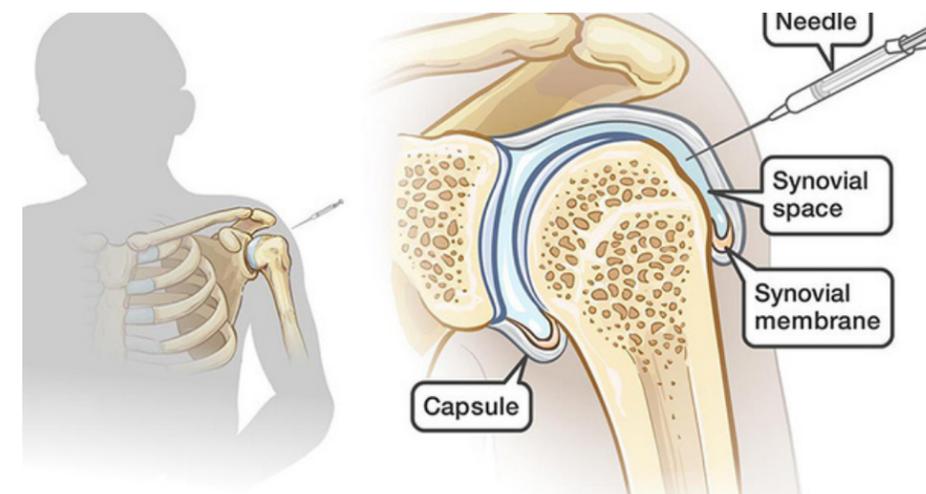
1. Patient should sit in the chair with feet resting on the stool. Move the leg that is not getting injected to the side of the chair. Raise the chair so that the knee to be injected is at a 90° angle.
2. Move the C-arm into place with the knee against or as close to the image intensifier as possible. Take a picture to make sure of proper placement.
3. Identify the lateral tibial plateau, the medial tibial plateau, the patellar ligament and the tibial tuberosity. Identify the tibial plateau by sliding your finger upwards and into the joint space. The lateral access point is about one fingertip above the lateral tibial plateau and one fingertip lateral to the patellar ligament. The medial access point is the same but found medially.
4. Mark the soft spot with the tip of the needle cap or a pen.
5. Scrub the site.
6. Spray ethyl chloride until the skin turns white.
7. With the knee flexed at 90°, advance the needle parallel to the tibial plateau in a posterior medial direction approximately 45° while slowly injecting lidocaine until you feel less resistance as the needle breaches the joint capsule.
8. Aspirate to make sure you're not in a blood vessel.
9. Remove the lidocaine syringe leaving the needle in the knee and replace it with the syringe of contrast dye. Slowly inject the contrast, placing your foot on the C-arm pedal while taking a moving fluoroscopic picture. If you're not in the joint, the contrast will pool. Readjust the needle until you have a free flow of dye and it infiltrates the capsule.
10. Once you see the free flow, take your foot off the pedal. Replace the contrast syringe with the syringe of Hyaluronic Acid, Platelet Rich Plasma or blended HA/PRP and slowly inject.
11. Remove the syringe and needle, applying pressure to the site with a cotton ball. Apply a Band-Aid.
12. Move the C-arm out of the way and lower the chair.
13. Move the patient to a different room and ice the knee.



Shoulder Injection Instructions

Intra-Articular Injection to the Glenohumeral Joint- Posterior Approach

1. Locate the spine of the scapula. This becomes the acromion process laterally. Feel for the acromion which is an extension of the scapular spine.
2. Start with the medial aspect of the scapular spine feeling lateral on the scapular line, going lateral till you feel a soft spot about 1 or 2 centimeters in the posterior-lateral aspect of the acromion. This is the entry point of the needle.
3. The end point will be the coracoid process. Palpate the medial aspect of the humeral head. The greater trochanter of the humeral head is lateral, the lesser trochanter is medial and between both is the bicipital groove. The next position to touch is approximately 1 cm lateral to the humeral head and 1 cm below the clavicle. This is the coracoid process. Mark the spot.
4. Then locate the posterior corner and the anterior corner of the acromion.
5. The access point is approximately two finger breaths interior and two finger breaths medial to the posterior corner of the acromion process. Mark the area.
6. Scrub the site.
7. Place the C-arm in position with the front of the shoulder against the image intensifier.
8. Spray Ethyl Chloride until the skin turns white.
9. Inject 2cc lidocaine toward the coracoid process with a 21 gauge 2" needle.
10. Change the syringe to inject 2cc of contrast while taking a fluoroscopic picture. If not in the joint, the dye will pool. Re-adjust needle until you have a free flow of dye.
11. Change syringe to inject either Hyaluronic Acid or PRP or blended HA/PRP.
12. You can use up to a total volume of 10cc of injectable fluid.
13. Ice the shoulder post injection of Hyaluronic Acid.



Patient PRP Prep Instructions

(Provide At Least Three Days Prior to Appointment)

3 Days Before:

- 1 Reduce use of anti-inflammatory medications if possible.
- 2 Begin drinking more water. Aim for at least 8 cups of water per day. Reduce coffee, soda, and alcohol.
- 3 Begin today to reduce fat, sugar, & refined carbs in your diet, and continue until your blood draw - this will help to optimally concentrate your platelets.
- 4 If you have a new illness or infection, call your physician who will be administering your procedure.

1 Day Before:

- 1 Stop all anti-inflammatory medications.
- 2 Reduce your exercise level today - do not try to pack in any major last minute exercise. Moderate exercise is okay.
- 3 Enjoy a good night's sleep.

Day of the Procedure:

- 1 If you have any new illness or infection, call your physician who will be administering your procedure.
- 2 Continue hydrating with extra water or herbal tea.
- 3 Eat a low sugar diet today - this helps to get a better yield of your platelets.
- 4 Limit your exercise today.
- 5 Wear clean clothes that comfortably cover the area to be injected. For foot procedures, bring clean socks and do not wear sandals.
- 6 If you plan on driving a long distance, plan on getting out every hour or two and walk for 5-10 minutes. It is preferred that you avoid lengthy air travel.
- 7 Refrain from any strenuous activity for 7 days, but STAY as mobile as possible.
- 8 You may experience some pain and soreness after your treatment. This is variable - many individuals have no pain, others find themselves sore or stiff later that day or the next day.
- 9 No anti-inflammatory medications such as Ibuprofen, Advil, Aleve, or aspirin for 5-7 days following the treatment. No natural anti-inflammatories, such as, turmeric, curcumin, boswellia, MSM, devils club, or arnica for 5-7 days after treatment. You may take Tylenol (acetaminophen) up to 4g daily, or Jamaican Dogwood if prescribed by your physician.
- 10 You may experience some pain and soreness after your treatment. This is variable - many individuals have no pain, others find themselves sore or stiff later that day or the next day.
- 11 No ice to the area treated for 5 days, but heat is OK.
- 12 No chiropractic, Hard stretching, or deep massage in the areas of the injections today or for 2 days following.

Joint Injection Instructions

Patient Preparation

Clothing is removed from over the affected joint. The patient is placed in the supine position, and the knee is extended (some physicians prefer to have the knee bent to 90 degrees). An absorbent pad is placed beneath the knee.

Equipment

Place the following items on a sterile sheet covering a Mayo stand:

- Sterile Gloves
- Sterile Fenestrated Drape
- 2 10-ml Syringes
- 2 21-Gauge, 1-Inch Needles
- 1 Inch of 4 x 4 Gauze Soaked with Povidone-Iodine Solution (Betadine)
- Sterile Bandage

Procedure Instructions

- The patient is supine on the table with the knee extended (some physicians prefer that the knee be bent to 90 degrees). The knee is examined to determine the amount of joint fluid present and to check for overlying cellulitis or coexisting pathology in the joint or surrounding tissues.
- Identify the lateral tibial plateau, the medial tibial plateau, the patellar ligament and the tibial tuberosity. The superior lateral aspect of the patella is palpated. The skin is marked with a pen, one finger-breadth above and one finger-breadth lateral to this site. This location provides the most direct access to the synovium.
- The skin is washed with povidone-iodine solution.
- Administer ethyl chloride onto the skin to reduce needle-insertion discomfort.
- With the knee flexed at 90-degrees, administer the 2-ml lidocaine (Xylocaine) injection into the skin. The needle is inserted 1 to ¼ inches and directed at a 45-degree angle distally and 45 degrees into the knee, tilted below the patella.

Joint Injection Instructions (Cont.)

- Once the lidocaine has been inserted, the syringe can be disconnected. Care should be taken not to touch the needle tip against the joint surfaces when removing the syringe. Next, a 5-ml syringe filled with the patient's centrifuged platelet rich plasma can then be attached to the needle.
- For injection, the entire amount of the patient's PRP (5-ml) should be used. After injection, the needle and syringe are withdrawn.
- The skin is cleansed, and a bandage is applied over the needle-puncture site. The patient is warned to avoid forceful activity on the joint while it is anesthetized.

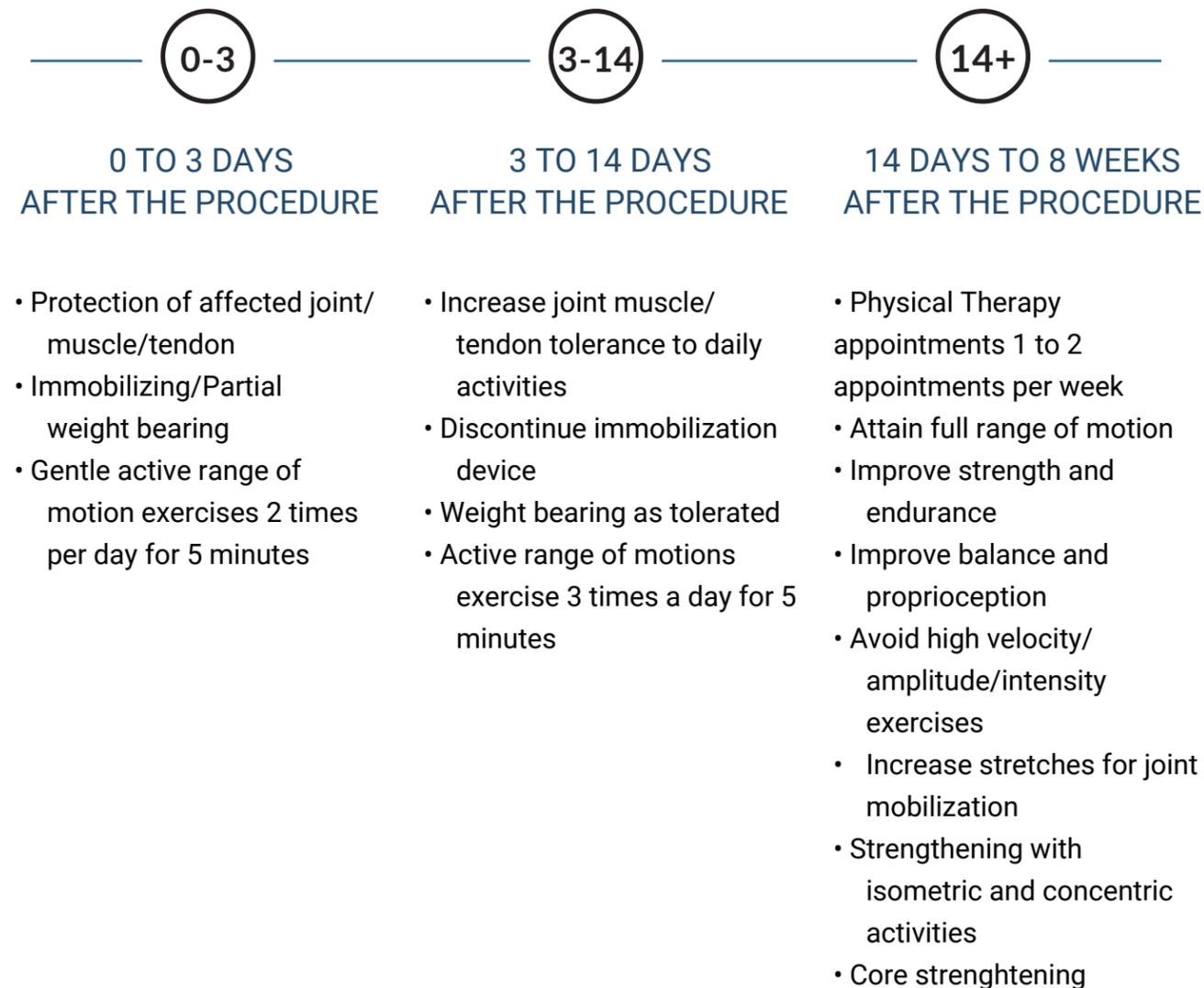
Post PRP Injection Procedure

Orthopedic Patient Instructions

- ✓ For pain, it is best to avoid ice to allow the PRP to initiate the body's desired response. Wrapping the area to avoid inflammation is recommended.
- ✓ Blood thinners (i.e. Aspirin, Plavix, Coumadin, etc.) may be resumed 24 hours post procedure.
- ✓ Limited activity for 1-2 days.
- ✓ Avoid Anti-Inflammatory medications (i.e. Motrin, Ibuprofen, and Naproxen) for 3-6 weeks post procedure.
- ✓ Tylenol as needed for pain.
- ✓ If you develop fever, persistent redness and swelling at the site of injection, call the clinic.
- ✓ It is important to follow PRP post procedure instructions, in order to optimize the healing of the tissue and decrease the risk of causing further damage.
- ✓ A post PRP Rehabilitation Program will be provided to you to complete with your Physical Therapist.

Post PRP Rehab Instructions

Orthopedic Procedures



Platelet Rich Plasma Injection Consent Form (Orthopedic)

I have been advised and consulted about the injection technique of Reconstructive Injection Therapy, also known as Prolotherapy.

- I have been advised that Platelet Rich Plasma is an established treatment technique used to tighten and strengthen weak and damaged ligaments and tendons which are believed to cause pain and instability.
- It is also used to decrease pain and improved function in some forms of arthritis.
- The technique requires the injection of Platelet Rich Plasma derived from my own blood according to standard Harvest Techniques.
- The sight of the injection is where the ligament or tendon attaches to the bone, at the joint capsule or inside the joint.
- I have been informed that the procedure has been used on many patients and has been proven safe.
- The procedures may initially increase my painful area or reproduce my symptoms for one to three days (and occasionally as long as ten days) and then may decrease my pain complaints, but may not completely eradicate them.
- I understand some insurance companies have determined this treatment to be experimental due to the lack of large research studies in the scientific literature.
- I understand the BENEFITS of the procedure are improved or resolved pain and improved function.
- I have been informed of that the ALTERNATIVES to Platelet Rich Plasma are:
 1. Do Nothing
 2. Surgical Intervention may be a possibility
 3. Injections with steroids may also be helpful, but usually do not give long lasting results.
 4. Manipulation may be helpful in temporary pain relief
 5. Acupuncture may afford some relief

I have been informed that the RISKS and COMPLICATIONS of Platelet Rich Plasma are:

1. Immediate pain at the injection site
2. Stiffness in the injected joint
3. Bruising
4. Headache during back injections
5. Allergic reaction to the solution
6. Infection from the injection
7. Injury to the nerve and/or muscle
8. Spinal cord injury during back injections
9. Temporary or permanent nerve paralysis

I have been informed that the risks of NO Platelet Rich Plasma are:

1. No relief of the pain
2. Continued instability of the damaged joint or ligament and probable worsening of your painful condition.

I have read and understand the information above. I have revealed to the best of my knowledge any existing or new condition(s) may have. I have been asked at this time whether I have any questions and I do not. I understand the procedure, risks, benefits and alternatives. I understand this procedure is usually not covered by insurance and I am responsible for the total charge myself.

Patient Name: _____ Date: _____

Patient Signature: _____

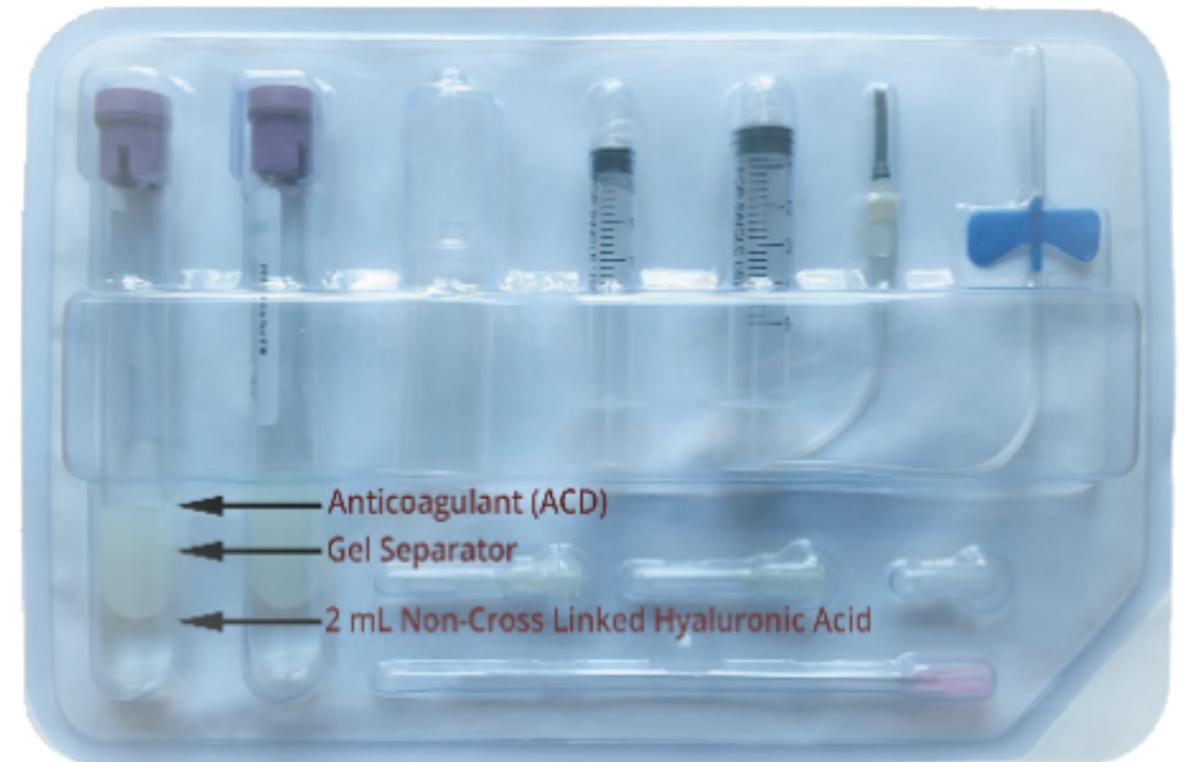
Witness Signature: _____ Date: _____

Aesthetic Applications



Preparing the HA+PRP for Facial Fillers.

HA+PRP KIT CONTENTS



DESCRIPTION

For Platelet Rich Plasma Preparation and Extraction

CONTENTS

HYALURONIC ACID PRP TUBE 10ML	x 2pc
SPINAL NEEDLE BLUNTTYPE 18G	x 1pc
DISPOSABLE SYRINGE LUER LOK 2ML	x 1pc
DISPOSABLE SYRINGE LUER LOK 5ML	x 1pc
HOLDER MESOTHERAPY NEEDLES	x 2pc
32G TWO-WAY STOPCOCK BLOOD	x 1pc
COLLECTING NEEDLE 23G	x 1pc

HA+PRP Facial Filler Instructions

1. Apply topical anesthetic to injection sites and blood draw site for comfort. Ice may also be used.
2. Draw blood and complete centrifuge process.
3. Draw centrifuged serum into 5-10cc luer lock syringe with 18 guage needle.
4. Put 27 guage 1 1/4" needle onto 1cc syringe with serum and inject. Repeat 5-10 times.
5. HA+PRP injections are as follows:
 - **Baseline Treatment** - 1cc to each cheek; 0.25cc each medial trough; 0.25cc each lateral lower eyelid; 1cc chin, each side of chin.
 - **Enhanced Treatment** - takes 5 one cc to do; 0.5cc glabella; 0.5cc each temple; 0.25cc each side of forehead lines; 0.25cc to each crow's feet; 0.25cc to each nasolabial fold; 0.25cc to each marionette line; and 1cc to the center of chine.
6. Apply PRP (if created) with gloved hand. Give the remainder of PRP to the patient for home use. Apply by layering every 2 hours for 8 hours. Wash off the next morning with gentle cleaner and water.



*** If non-FACE Med Store hyaluronic acid injectibles are being used in conjunction with PRP, these should be done primarily and PRP secondly. For better results, utilize FACE Med Store HA+PRP Kits.

PRP Facial Injection Sites

Facial Area by ML of Filler and Injection Type -(ForL & R Sides)

1. Temples - Intradermal Injections. 0.5 mL
2. Nasal Reshaping - Intradermal Injections. 0.5 - 1 mL

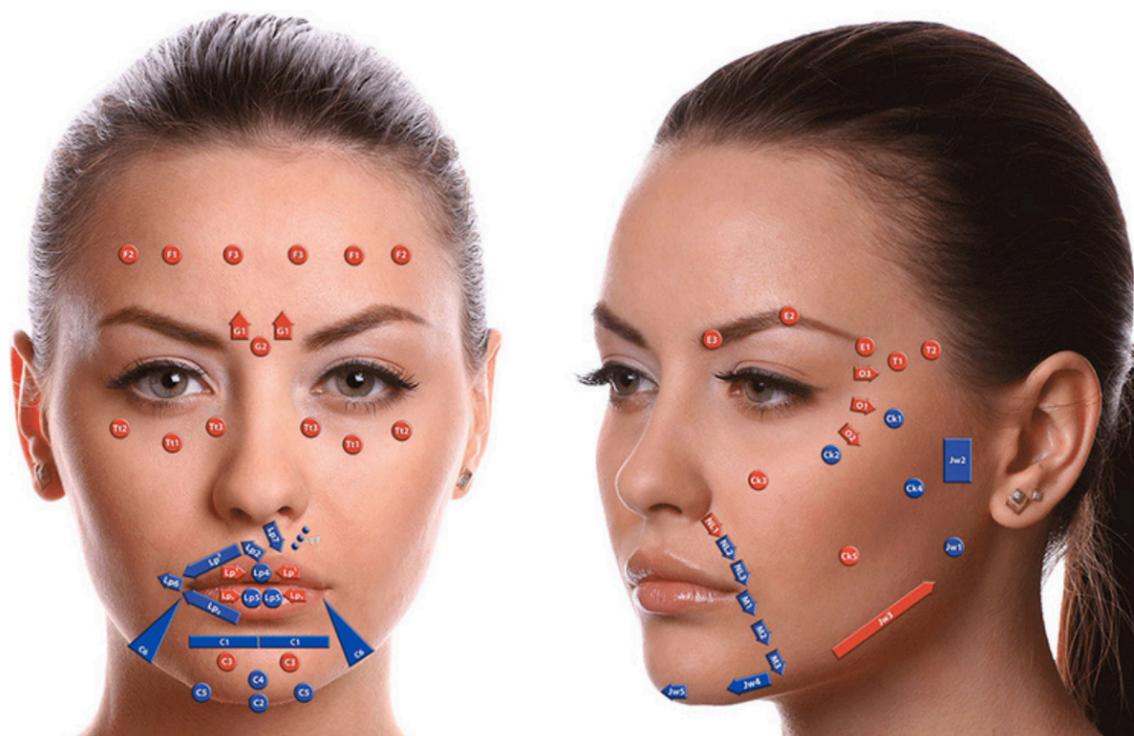


3. Tear Trough - Subdermal 0.25 mL Injections 1 cm apart. Massage Evenly.
4. Cheek Augmentation - Subdermal & Intradermal Injections. Linear Threading Technique. 1 mL - 3 mL.
5. Nasolabial Folds - Subdermal & Intradermal Injections. Linear Threading Technique 0.5 mL- 1 mL.

6. Lip Augmentation - Vermillion Border Injections. Linear Threading Technique. 0.5 mL - 1mL.
7. Marionettes Lines - Subdermal & Intradermal Injections. 0.5 mL
8. Jawline Chiseling - Subdermal & Linear Threading Technique. 2 mL - 4 mL.
9. Hand Rejuvenation - Subdermal Injections. 0.5 mL.
10. Chin Augmentation - Linear Threading Technique. 1 mL - 3 mL.

PRP Facial Filler Injection Points

Illustrated Strategic Injection Points for Natural-Looking & Subtle Results



- Demonstrates how areas of the face are indirectly improved by their neighbouring areas and why it is essential to treat the face as a whole.
- Shows patients the strategy behind their treatment and what will be achieved by injecting in specific areas.
- Highlights 'alert areas' in red (e.g. facial arteries where it might be dangerous to inject)
- Shows what devices and techniques should be used at each injection point, particularly when an 'alert area' is affected.

PRP Facial- Microneedling



Kim Kardashian After Vampire Facial Procedure-Microneedling

1. Apply topical anesthetic to arm and Micro-needling site.
2. Draw blood and centrifuge.
3. Collect serum into 10cc syringe.
4. Apply PRP serum without Calcium Chloride to area to be treated with gloved hand.
5. Suggested settings: Stamp – 0.75cc-1cc for crow's feet, glabella and nose. 2.0cc - 2.25cc for Acne scars. Grid Cross – Hatch pattern – 0.5cc-1.0cc forehead stretch skin; 0.5cc – 0.75cc upper brow line with skin pulled tight over it; 0.75cc – 1.0cc lower eyelid on bone with skin pulled tight over it; 1.0cc – 1.05cc cheeks and chin; 0.25cc – 0.5cc lips; 0.5cc – 1.0cc hands; 1.0cc – 2.0cc neck and chest; 1.25cc – 1.5cc scalp and then stamp injection site.
6. Apply PRP without Calcium Chloride with gloved hand. Give remainder of PRP to patient to apply in layers every 2 hours for 8 hours at home.
7. Have patient wash gentle cleanser the next day.

For best results, utilize FACE Med Store HA-PRP Kits.

HA+PRP Scar Reduction

1. Topical anesthetic applied to the scar.
2. Draw blood and centrifuge.
3. Inject Hyaluronic Acid into the base of the scar for scaffolding support of PRFM into sub-dermal plane for deep scar or intradermal for shallow scar (Acne) and blanch skin.
4. Draw 0.5cc of Calcium Chloride and 10cc luer lock syringe.
5. Attach Braun fluid dispensing connector to 10cc PRP syringe and mix with 10cc syringe with 0.5cc Calcium Chloride to activate PRFM. Attach 27 gauge 1 ¼" needle to inject. Must use within 7 minutes after mixed with Calcium Chloride, ideally within 2-3 minutes.
6. Inject PRFM into sub dermal area and overfill scar.
7. For Acne scars, mix 0.1cc hyaluronic acid filler with 2.5cc PRP with 0.25 Calcium Chloride to treat. Mix well, then inject subdermal and intradermal and overfill scar (for hypopigmented areas use PRP alone.)
8. Use Dr Pen with PRP topically.
9. For a deep body scar, use 2.5cc hyaluronic acid filler with 2.5cc PRP mixed with 0.25cc Calcium Chloride to treat. Mix well, then inject subdermal and intradermally to overfill scar.
10. Apply topical retinol to the scar.



Before and After Photos of Patients that Underwent PRP Scar Removal Treatment

PRP Breast Lift



1. Topical anesthetic applied to blood draw site and breasts and nipples.
2. Draw blood and centrifuge.
3. From centrifuge collect 10cc luer lock syringe of PRP and then collect 20cc PPP in 60cc luer lock syringe. Put Braun fluid dispensing connector between 10cc and 60cc luer lock syringes and mix together. Collect 30cc of plasma in 60cc syringe. Fill three 10cc syringes with this plasma.
4. Activate each 10cc plasma syringe with another 10cc luer lock syringe with 0.5cc 10% Calcium Chloride and mix through Braun fluid dispensing connector. Attach at 27 gauge 1 ¼" needle to a 10cc syringe with PRFM and inject into breast. You have 7 minutes to do these injections after activation with Calcium Chloride but ideally should be done in 2 minutes for all growth factors. Repeat same procedure 2 more times.
5. PRFM injections – 4cc total PRFM injected behind the areola with 2cc at 12 o'clock, 1cc at 9 o'clock, and 1cc at 3 o'clock of each nipple. Place more PRFM if inverted nipple (up to 6cc). Next inject 1cc to each breast.
6. If implant is present, be cautious to not puncture the implant. Lift the skin up and away from the implant to protect it. Inject at medial cleavage from nipple upward on top medial breast in kidney shape.

*****If hyaluronic acid injectables are being used in conjunction with PRP, these should be done primarily and PRP secondarily.**

Patient HA+PRP Facial Care Instructions

PRECARE INSTRUCTIONS: TO PREPARE FOR THE BLOOD DRAW ASSOCIATED WITH PRP THERAPY

- PRP Therapy is very safe because cells from the patient's own blood are used, which means there are no preservatives and no chance of the body rejecting the cells. The primary risks and discomforts are related to the blood draw where there is a slight pinch to insert the needle for collection and there is a potential for bruising at the site.
- For optimal results and to decrease the chance of bruising at the draw site, please avoid all blood thinning medications and herbal supplements for 1 week prior to your appointment. Avoid taking Aspirin and non-steroidal anti-inflammatory medications (NSAIDS) such as such as Ibuprofen, Motrin and Aleve. In addition, very high doses of some Vitamins and supplements can thin your blood and increase the chance of bruising. Please notify your provider if you are taking Coumadin, Plavix, or any other blood thinners for a medical condition.
- During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

POST CARE FOR INJECTED PRP WITH PRP FACIAL FILLER

- What to Expect After Treatment: Immediately following the procedure, the most commonly reported temporary side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s). Cold gel packs/ice may be gently applied immediately after treatment to reduce swelling.
- To Avoid Bruising: Avoid alcohol consumption for a minimum of 6 hours and refrain from taking blood thinners such as Aspirin and NSAIDS for several days. Tylenol is recommended if needed for discomfort.
- To Maximize Results and Prevent Complications: Avoid touching or scrubbing at the injection sites for 24 hours after treatment.
 1. Sleep on your back with your head elevated and avoid rubbing the treated area for 2 weeks.
 2. Avoid direct high heat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) for 24 hours after treatment.
 3. Makeup may be applied immediately after the treatment if desired.
- No Facials, Facial Massages, or Laser Treatments for 2 Weeks Afterward: Most facials, chemical peels, laser, and light treatments may be done immediately prior to the treatment but not for 2 weeks after the treatment. Botox may be injected immediately before or after.
- Combination Therapy for Optimal Results: PRP Therapy stimulates your skin to grow new, younger tissue however; it does not prevent muscle movement or resurface the skin. Most patients see best results when combining their PRP treatments with other anti-aging procedures such as Botox®, HA Filler, AFT, FOCUS, etc.
- Follow up Appointment: Most patients see improvement within 2-4 weeks with continued improvement for up to 12 weeks. If the desired level of correction has not been reached within 4-12 weeks then we recommend repeating the procedure at 4-12 week intervals until you achieve the result you desire.
- Maintenance Treatments: The results of this treatment can last up to 2 years, but results vary and research documenting the longevity of results is ongoing. Maintenance treatments are recommended every 6-12 months.

Patient Facial Post Instructions (Cont)

POST CARE FOR TOPICAL APPLICATION OF FACIAL PRP (Microneedling)

- To Maximize Results: For a minimum of 5 hours after the PRP has been applied to your skin, do NOT: Wash your skin, expose the treated area to direct high heat, or engage in activities that will get the skin wet or cause you to sweat (blow dryer, sun exposure, sauna, steam room, Jacuzzi, very hot shower, hot yoga, strenuous exercise, etc.)
- For best results and efficacy: We recommend a series of 3-6 treatments administered at 2-4 week intervals. You may notice immediate as well as longer term improvements in your skin.

Platelet Rich Plasma Injection Consent (Aesthetics)

Commercial Carrier Waiver of Non-Payment Form

PRP (Platelet rich Plasma) is a natural product derived from your own body used to help tissue and grow new cells. PRP is processed from a small sample of your blood to produce a plasma that is rich in platelets. The plasma is applied topically, injected or a combination of both to help the tissue heal and regenerate new cells for increased elasticity and improved skin tone while lines and wrinkles soften and recede. The regenerative process resulting from PRP is used as an excellent combination treatment for acne and scar revision.

- I hereby request and authorize the use of PRP for cosmetic purposes and understand this procedure requires a blood draw.
- The details of the procedure have been explained to me in terms I understand and have no further questions.
- Alternative methods and their benefits and disadvantages have been explained to me.
- I understand PRP involves a series of treatments to achieve optimum results and the fee structure has been fully explained to me. The fee is for a series of treatments purchased and includes post treatment follow-up visits. There will be a charge for additional treatments.
- Services purchased are non-refundable unless the [insert clinic name] is unable to perform the treatment(s).
- I understand and accept the most likely risks and complications of PRP.
- I understand with any facial injections it is unlikely, but possible, small blood vessels could be broken which could result in temporary swelling, bruising, redness and soreness.
- I have informed my technician if I have previously been injected with reasonable or permanent cosmetic fillers.
- I understand any injection carries a minimal but potential risk of infection.
- I have informed my injectionist of all my known allergies.
- I have no muscle or nerve condition.
- I have not had chemotherapy or radiation treatments within the last 12 months.
- I have not used Accutane (isotretinoin) in the past 12 months.
- I am not currently pregnant or breastfeeding.
- I have informed my injectionist of all medications I am currently taking including prescriptions, over the counter remedies, herbal therapies, and any other(s).
- I have been advised whether I should take any or all of the medications of the medications on the days surrounding the procedure.
- I am aware and accept that no guarantees about the results of the procedure have been made or implied.
- I have been informed of what to expect post-treatment, including, but not limited to procedures, if I wish to maintain the appearance this procedure provides me.
- I understand and agree that photographs will be taken before and after each procedure(s).
-

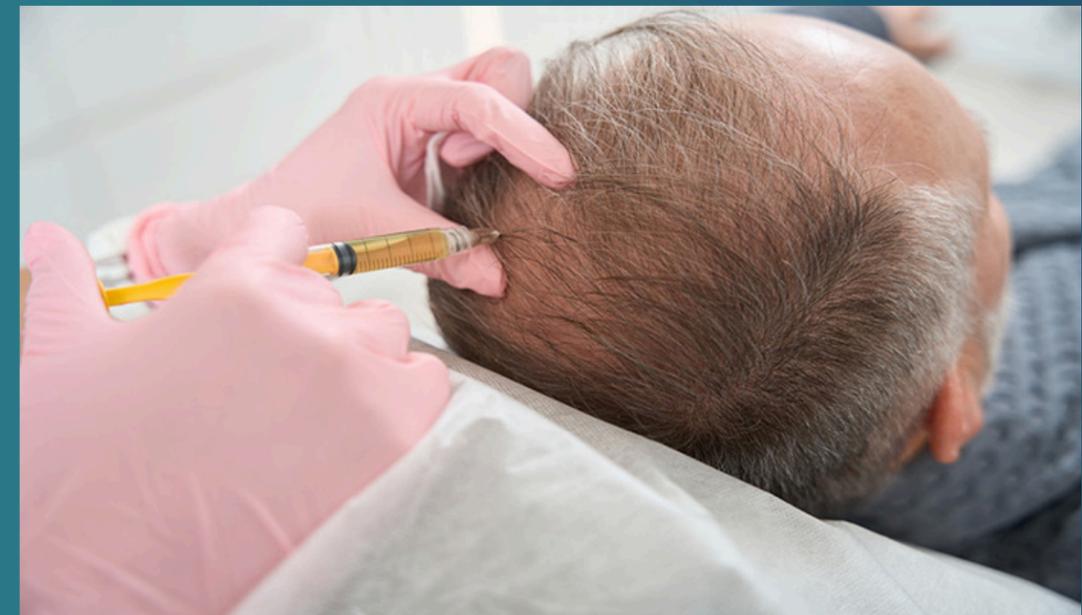
I have read and understand the information above. I have revealed to the best of my knowledge any existing or new condition(s) may have. My technician has asked at this time whether I have any questions and I do not. I am fully aware that my condition is of cosmetic concern and that the decision to proceed is based solely on my expressed desire to do so. I understand the procedure, risks, benefits and alternatives.

Patient Name: _____ Date: _____

Patient Signature: _____

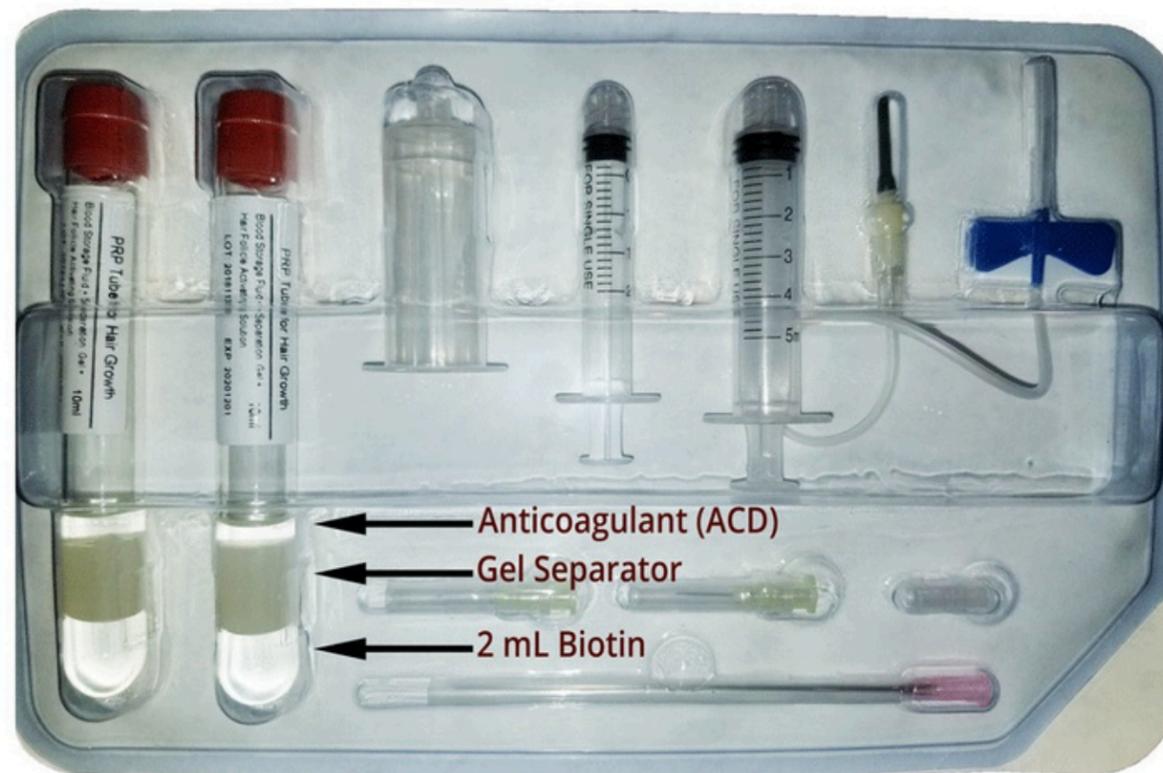
Witness Signature: _____ Date: _____

Hair Rejuvenation



Injecting Biotin+PRP into the scalp.

BIOTIN+PRP KIT CONTENTS



DESCRIPTION

For Platelet Rich Plasma Preparation and Extraction

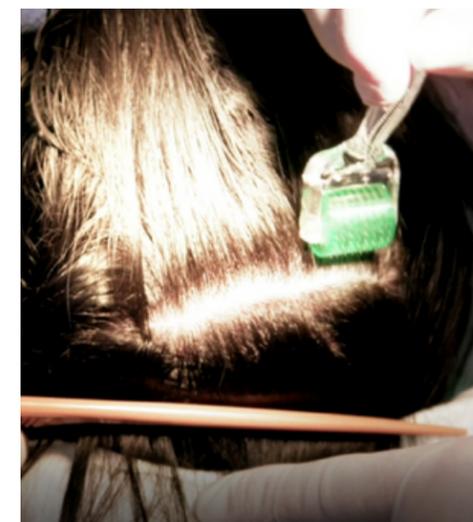
CONTENTS

HAIR GROWTH PRP TUBE 10ML	x2pc
SPINAL NEEDLE BLUNTTYPE 18G	x 1pc
DISPOSABLE SYRINGE LUER LOK 2ML	x 1pc
DISPOSABLE SYRINGE LUER LOK 5ML	x 1pc
HOLDER MESOTHERAPY NEEDLES	x 2pc
32G TWO-WAY STOPCOCK BLOOD	x 1pc
COLLECTING NEEDLE 23G	x 1pc

PRP Hair Regrowth Instructions

1. Clean the scalp thoroughly with Hibiclens solution applied to gauze pads using a gloved hand.
2. Apply topical anesthetic to the scalp treatment areas.
3. Draw blood and centrifuge.
4. Using a 5ml syringe (for one vial) or a 10ml syringe (for 2 vials) Extract Biotin+PRP Solution from blood collection vial after centrifugation using the 18 ga collection needle. Vent the tube for easier extraction using the supplied 32 ga meso needle.
5. Attach the two way stopcock to the syringe used for extraction and draw contents into individual 1ml luer lock syringes.
6. Attach the filled 1ml luer lock syringes to 30 ga 1/2" needles and inject into the scalp in and around areas of thinning and balding. Approximately 20 shots are given with about 0.25cc per shot.
7. Apply PPP without Calcium Chloride over treated scalp area with gloved hand, use Microneedling at 1.5, and apply second layer of PPP.
8. Provide patient with PPP to take home and layer every 2 hours for 8 hours. Leave overnight. Cleanse in the morning with gentle cleanser.

* Recommend using a manual derma roller for shallow scalp use with topical application of left over PRP



Microneedling scalp



Injecting PRP

Patient PRP Pre Care Instructions

(Provide At Least Seven Days Prior to Appointment)

Treatment Overview:

PRP Therapy for hair loss is a treatment that involves withdrawing a patient's own blood, processing it so that only the enriched cells (platelet-rich plasma) remain, and injecting it into the scalp. PRP contains essential proteins that stimulate natural hair growth. Due to the natural variation in quality of platelet-rich plasma, results will vary between individuals. Some patients may require multiple sessions to obtain desired outcomes.

Contraindications:

You should not have PRP treatment done if you have any of the following conditions:

- An impaired immune system due to immunosuppressive diseases, HIV, HTV, or immunosuppressive medications

Skin conditions and diseases including: Facial cancer, existing or uncured. This includes SCC, BCC, and melanoma, systemic cancer, and chemotherapy.

Steroid therapy, dermatological diseases affecting the face (i.e. Porphyria), communicable diseases, blood disorders and platelet abnormalities, anticoagulation therapy (i.e. Warfarin).

Do not have PRP treatment if you are pregnant.

Pre Treatment Instructions:

7 Days Before Treatment:

- Discontinue blood thinning agents such as Vitamin E, Vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids, and multivitamins, a minimum of 7 days prior to treatment. It is fine to continue iron and Vitamin D.
- If you are taking any blood thinners, please let your provider know immediately, as they may represent a contraindication to this treatment. These medications include Plavix, Coumadin, and Heparin.
- Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications. We want inflammation to occur - as this is one mechanism by which PRP works.
- You may use Tylenol (acetaminophen) as needed prior to the treatment.
- Prescription medications (including heart and blood pressure medications) should be taken as prescribed right up to, and including, the day of and the day after your treatments.
If you are taking broad beta-blockers such as Ideral (Propranolol), please inform your provider as this medication may need to be changed to a select beta-blocker in advance of the treatment.
Avoid excessive sun or heat exposure.

3 Days Before Treatment:

- Minimize or avoid alcohol consumption.
- If possible, refrain from or minimize smoking prior to your procedure as it impacts the healing process.

Patient Care Instructions (Cont)

You may continue other hair loss treatments such as laser treatment, minoxidil, or hormone blocking tablets before your procedure. If you are not sure if you should be stopping a medication, please ask. It is okay to color your hair up to 7 days before the procedure.

Diet and Fluid Intake:

- Increase your intake of fluid the day before your procedure by simply drinking 2 glasses of water in the morning, 2 glasses at lunch, and 2 glasses at dinner, in addition to your normal intake of water.

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.
- Please eat a normal breakfast or lunch the day of your PRP session.
- Drink a bottle of water (500 mL) at least 2 hours before your session.
It is strongly recommended to take a hot shower to wash your hair that evening, after the treatment, to promote the effects of PRP.

Patient PRP Post Care Instructions

Immediately Following Treatment:

- It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following the treatment. If you experience any pain or discomfort you may take Tylenol or other Acetaminophen containing products as directed.
- You may have a bruise at the blood draw site.
- You may notice a tingling sensation while the cells are being activated.
- In rare cases, skin infection or reaction may occur, which is easily treated with an antibiotic or anti-inflammatory. Please contact our office immediately if you notice unusual discomfort.
- Try to refrain from applying ice to the injected area as ice acts as an anti-inflammatory. Ice or cold compresses can be applied to reduce swelling if required.
- Continue to avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren, and other anti-inflammatory medications for 3 days after your procedure (if possible try for 7 days).
- Avoid vigorous exercise, sun and heat exposure for at least 2 days after your treatment.
- Do not wet your hair for at least 3 hours after your treatment.
- For the first 3 days, use shampoo that is pH balanced.
- Do not use any hair products for at least 6 hours after your treatment.
- Be sure to take a hot shower and wash your hair that evening, after the treatment, to promote the effects of PRP.
- Avoid saunas, steam rooms, swimming for 2 days after your treatment. Avoid alcohol, caffeine, and smoking for 3 days after treatment. Smokers do not heal well and problems recur earlier and results may take longer. Avoid resuming Minoxidil (Formula 82M, Rogaine), hair coloring, and straightening for 3 days. Continue increased water intake the first week after your treatment. Do not use blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids for at least one week after your treatment.

Contact the Office Immediately if Any of the Following Signs of Infection Occur:

- Drainage - Looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Severe pain that is unresponsive to over-the-counter pain relievers.

Platelet Rich Plasma Injection Consent (Hair) Commercial Carrier Waiver of Non-Payment Form

PRP (Platelet rich Plasma) is a natural product derived from your own body used to help tissue and grow new cells. PRP is processed from a small sample of your blood to produce a plasma that is rich in platelets. The plasma is applied topically, injected or a combination of both to help the tissue heal and regenerate new cells for increased elasticity and improved skin tone while lines and wrinkles soften and recede. The regenerative process resulting from PRP is used as an excellent combination treatment for hair rejuvenation.

- I hereby request and authorize the use of PRP for cosmetic purposes and understand this procedure requires a blood draw.
- The details of the procedure have been explained to me in terms I understand and have no further questions.
- Alternative methods and their benefits and disadvantages have been explained to me.
- I understand PRP involves a series of treatments to achieve optimum results and the fee structure has been fully explained to me. The fee is for a series of treatments purchased and includes post treatment follow-up visits. There will be a charge for additional treatments.
- Services purchased are non-refundable unless the [insert clinic name] is unable to perform the treatment(s).
- I understand and accept the most likely risks and complications of PRP.
- I understand with any facial injections it is unlikely, but possible, small blood vessels could be broken which could result in temporary swelling, bruising, redness and soreness.
- I have informed my technician if I have previously been injected with reasonable or permanent cosmetic fillers.
- I understand any injection carries a minimal but potential risk of infection.
- I have informed my injectionist of all my known allergies.
- I have no muscle or nerve condition.
- I have not had chemotherapy or radiation treatments within the last 12 months.
- I have not used Accutane (isotretinoin) in the past 12 months.
- I am not currently pregnant or breastfeeding.
- I have informed my injectionist of all medications I am currently taking including prescriptions, over the counter remedies, herbal therapies, and any other(s).
I have been advised whether I should take any or all of the medications on the days surrounding the procedure.
- I am aware and accept that no guarantees about the results of the procedure have been made or implied.
- I have been informed of what to expect post-treatment, including, but not limited to procedures, if I wish to maintain the appearance this procedure provides me.
- I understand and agree that photographs will be taken before and after each procedure(s).

I have read and understand the information above. I have revealed to the best of my knowledge any existing or new condition(s) may have. My technician has asked at this time whether I have any questions and I do not. I am fully aware that my condition is of cosmetic concern and that the decision to proceed is based solely on my expressed desire to do so. I understand the procedure, risks, benefits and alternatives.

Patient Name: _____ Date: _____

Patient Signature: _____

Witness Signature: _____ Date: _____

Topical Protocols



PPR Eye Drops Being Administered to Patient.

Multiple PRP Topical Protocols



Acne

For application directly to affected area **1.** Preparation: Draw 2 FACE Med Store PRP tubes with a 21 gauge needle. **2.** Spin at 3500 RPM x 8 minutes **3.** With an 18 gauge needle attached to a 3mL syringe, extract out the yellow portion of

the plasma into syringe.

- 4.** Transfer 3mL into 4 separate dropper bottles (available on McKesson or Amazon).
- 5.** Patient is to refrigerate first bottle and freeze additional 3 until ready to use. Should utilize 1 bottle per week.



Eye Drops

For chronic dry eyes

1. Preparation: Draw 2 FACE Med Store PRP tubes with a 21 gauge needle. **2.** Spin at 3500 RPM x 8 minutes **3.** With an 18 gauge needle attached to a 3mL syringe, extract out the yellow portion of

the plasma into syringe.

- 4.** Eye drop concentration should be 20% PRP and 80% Saline
- 5.** For every 1mL of PRP, add 4mL of saline.
- 6.** Patients are instructed to maintain good personal hygiene: to wash their hands before the application of the product, keep the area of the application clean and not touch the eyedropper.
- 7.** The bottle in use should be kept at -8 degrees C (39 - 46 degrees F) for 1 week and the remaining bottles at -20 degrees C (-68 degrees F).



Sinus

For chronic sinusitis, sinus irritation, severe allergies **1.** Preparation: Draw 2 FACE Med Store PRP tubes with a 21 gauge needle. **2.** Spin at 3500 RPM x 8 minutes **3.** With an 18 gauge needle attached to a 3mL syringe, extract out the yellow portion of

the plasma into syringe.

- 4.** Transfer PRP into empty nasal spray bottles at 50% PRP, 50% Saline
(HINT: available on Amazon- look for nasal spray bottles made for colloidal silver administration)

Patient Care for PRP Eye Drops

Background

Your serum (fluid component of blood) eye drops have been specially made for you. They have been made from your blood (autologous). Under sterile conditions, the blood donation has been separated into its liquid (serum) and cellular (red and white cells) components. The serum is used in your eye drops and the cells discarded. The liquid serum contains many nutrients and regenerative factors that are used by the cells throughout your body to keep them healthy. This serum has been diluted with sterile saline and bottled to provide you with sterile eye drops.

Product Risks & Reactions

Autologous serum eye drops are made from your own blood and no chemicals (like preservatives or antibiotics) are added. Due to this, it is not possible for you to have an allergic response to these drops.

Here are Some Recommendations for the Safe Use of Your Serum Eye Drops

- Bacteria do not like the cold, once prepared the eye drops must be stored in the deep freeze compartment of a domestic refrigerator. When frozen the eye drops have a storage life of 6 months from the time of preparation. The expiration date will be indicated on the label after which they must be discarded.
- When required for use, thaw one bottle at a time and keep it refrigerated as much as possible. When you travel, it is strongly recommended that the eye drop bottle be kept chilled by an icepack in a mini-cooler. All other bottles must be kept frozen in your home freezer.
- Do not use an eye drop bottle for more than one week after it has thawed. After seven days bottles that have been thawed must be discarded.
- Bacteria normally live on our skin, eyelashes, and on the surface of our eyes. Avoiding touching the eyedropper against any part of your eyes/eyelids will minimize the chance of bacterial contamination. Use the drops as advised by your ophthalmologist. They cannot be used too often (unlike drops that contain preservatives and other chemicals).
- Take all other regular prescribed medication.
- The drops are for your use alone and must not be shared with another person.

Contents

- + Serum 20%
- + Balanced Saline Solution 80%

CARE AND HANDLING

WARNING:

As there are no preservatives used in the manufacturing process, there is nothing to stop bacteria growing in the eye drops. How you handle and care for the drops will determine if they become contaminated (and potentially dangerous).

Patient Care PRP Eye Drops (Cont)

Need More Drops?

Your doctor will need to request the preparation of serum eye drops. One blood donation typically produces six months' supply of eye drops. However, because the prescriptions are only valid for three months' supply, you will need a new prescription to collect your eye drops for the second three months.

If you are due to continue on these drops, you need to contact your Eye Doctor (Ophthalmologist) well before you run out, so that arrangements can be made for you (autologous) to have some more blood taken. You need to contact us when you have 3-4 bottles left.

What to Expect

The healing components in your serum eye drops may have some early soothing effect but their real benefit is often only realized after 1-2 months' regular use. So please be patient. This delay is due to the fact that very dry eyes have usually been slowly injured over several years. Reversing these longstanding cellular changes cannot happen overnight.

QUESTIONS AND EMERGENCIES

Please contact your Treating Specialist Eye Doctor.

Adverse Reactions

In the event of an adverse reaction following the use of the eye drops, which might indicate the eye drops have become contaminated or for allogenic serum eye drops, an allergic reaction, please contact your Treating Specialist Eye Doctor. Also, please complete this adverse reaction questionnaire and return it to your Treating Specialist Eye Doctor, who will then report the findings to the office.

PRP Eye Drops Notification of Adverse Reaction

Patient Name: _____ Eye Drop Batch #: _____

DOB: ____/____/____ Gender: Male Female Date of Adverse Event: ____/____/____
(dd/mm/yyyy) (dd/mm/yyyy)

Patient's Description of Adverse Event

Treating Doctor's Comment

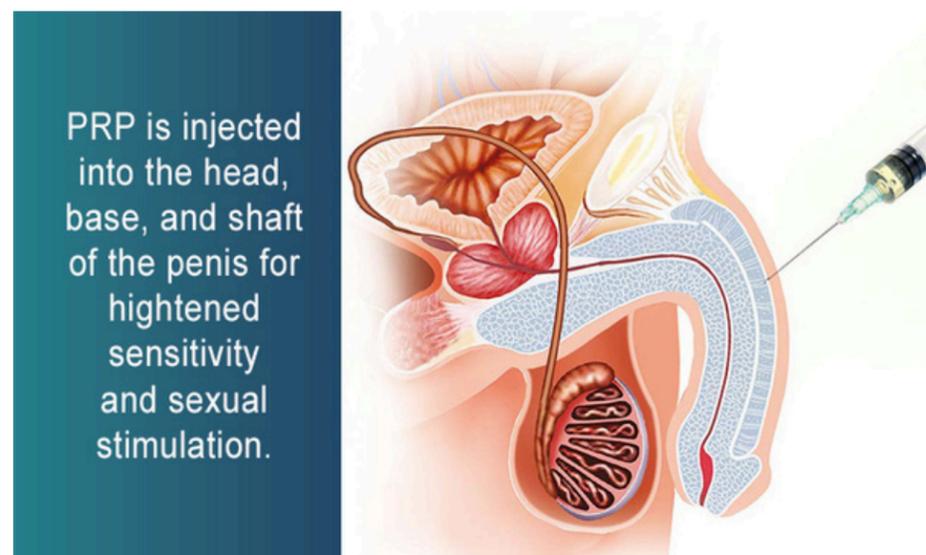
Please return the completed form to:

Sexual Rejuvenation



PRP Injections Enhance Sexual Function & Fulfillment.

PRP P-Shot Instructions



1. Apply topical anesthetic to the penis and glans.
2. Draw blood and centrifuge.
3. Use 10cc luer lock syringe with PRP from centrifuge.
4. Draw 0.5cc Calcium Chloride with another new 10cc luer lock syringe.
5. Attach Braun fluid dispensing connector to 10cc PRP plasma syringe and mix with 10cc syringe with Calcium Chloride to activate PRFM and attach 27 gauge 1 ¼" needle to inject.
6. Have patient seated at the edge of the exam table. Keep your hand at the 12 o'clock position on the penis to identify where the blood vessels are. Injections are: 2.5cc at 10 o'clock, 2.5 cc at 2 o'clock up 1/3 from base of penis, 1.5cc at 10 o'clock and 1.5cc at 2 o'clock down 1/3 from glans of the penis. Ice glans for 2 minutes then inject 2cc at 3 o'clock on glans and hold pressure from bleeding.
7. Apply lubricant to base of penile pump and on penis.
8. Electric or deluxe hand pump up to 10mmHg and do this for 10 minutes.

O-Shot (r) and P-Shot (r) are registered trademarks of The American Cosmetic Cellular Medicine Association, and the inventor of the procedure Dr. Charles Runnels. These registered marks are used under license and courtesy of Dr. Runnels and The American Cosmetic Cellular Medicine Association. Providers may not utilize these marks in practice or promotion without first receiving certification in the procedures and obtaining licensure from Dr. Runnels and The American Cosmetic Cellular Medicine Association. To register for training and certification in these procedures please visit: <https://vampirefacelift.com/ips>

PRP O-Shot Instructions

1. Apply topical anesthetic to the arm and injection site (vaginal roof and clitoris with hood pulled back).
2. Draw blood and centrifuge.
3. Take 10cc syringe with PRP and draw 5cc into 5cc luer lock syringe with 18 gauge needle.
4. Draw 0.2cc Calcium Chloride into two 5cc luer lock syringe.
5. Attach Braun fluid dispensing connector to 5cc PRP syringe and inject 4cc of PRP into 5cc luer lock syringe with 0.2cc Calcium Chloride. Remove 5cc PRP syringe with 1cc remaining PRP. Mix this 4ccPRP solution with another new 5cc luer lock syringe and swish back and forth through Braun fluid dispensing connector between two syringes at least after injecting twice.
6. Place the patient's hips on pillows to elevate bottom. Use lighting to better see exact area of injection. Pull down on the vaginal floor with non-dominant hand to better visualize the area for injecting by making the anterior vagina less taught and widen space between urethra and vagina.
7. Inject the 4cc of PRFM into the vaginal roof at 12 o'clock with 27 gauge 1 ¼" needle. Injections site is ½"- 1" away from the hymenal ring. Insert needle only ¼" depth to just penetrate vaginal roof toward urethra. Advance needle tangentially not vertically within the vaginal wall. Pull needle back if there is any pain as you may be in the urethra. Aim the needle at the vaginal wall between the vagina and urethra space. Feel for the lump in the vaginal roof.
8. Using the Braun fluid dispensing connector, mix 1cc of remaining PRP in 5cc luer lock syringe into 1cc luer lock syringe with 0.05cc Calcium Chloride by mixing back and forth for a minimum of 2 times.
9. Attach 27 gauge 1 ¼" needle to 1cc luer lock syringe of PRFM. Inject 1cc PRFM into the clitoris at 10 o'clock or 2 o'clock and the base. Make sure PRFM should be injected within 7 minutes, however 2-3 minutes is ideal.

