DR EYAS MEDANAT

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GUIDES · PREMIUM AUTOLOGOUS PRP

PRP (Platelet-Rich Plasma)

PRP uses a small sample of your own blood. The platelets are concentrated and injected into the skin or the scalp, where they release growth factors that support repair, skin quality and hair growth. It is done as a course of sessions.



1 At a glance

PROCEDURE TIME 45–60 minutes	ANAESTHESIA Numbing cream	BACK TO WORK Straight away
EXERCISE After 24 hours	RESULTS Skin from 3–4 weeks; hair from 3 months	HOW LONG IT LASTS Maintenance every 6–12 months

2 Before your treatment

Specific to this procedure

- Drink plenty of water the day before and on the day, and eat before you come.
- Avoid aspirin and anti-inflammatory painkillers for 7 days before and 7 days after — they weaken the platelets. Paracetamol is fine. Do not stop a medicine a doctor prescribed without asking.
- Avoid alcohol and smoking for 48 hours before.
- Tell us if you have a blood disorder, an infection, or take blood thinners.
- For the scalp: come with clean, washed hair and no styling products.

3 After your treatment

First 24 hours

- Do not wash the treated skin or hair for 6–8 hours.
- No make-up for 12 hours.
- No exercise, sauna, steam, swimming or alcohol for 24 hours.
- Redness, swelling and a tight feeling are expected and settle in 1–3 days.

The next week

- No anti-inflammatory painkillers for 7 days; use paracetamol if you need to.
- Scalp: no hair dye or chemical treatments for 3 days; use a gentle shampoo.
- Face: avoid scrubs, acids, retinol and facials for 3–5 days.
- Use SPF 50 and avoid strong sun.

4 Your recovery, week by week

Day 1–3
Redness, swelling and tenderness settle.

Week 4

Next session; skin looks fresher.

Months 3–6

Hair: less shedding, then new growth.

Call us straight away if you notice

⚠ Spreading redness, heat or pus at the injection points.

⚠ Increasing redness, heat, swelling or pain after the first 2–3 days, pus, or a fever.

⚠ Anything you are worried about — send us a photo on WhatsApp and we will advise you.

⊕ **Chest pain, difficulty breathing, or heavy bleeding that will not stop: call 998 (ambulance) or go to the nearest emergency department, then let us know.**

Questions while you recover — Message or call the clinic any time — no question is too small, and it is always better to ask early. **+971 50 108 8378** (WhatsApp) · info@eyas.doctor

This guide gives general advice. Dr. Eyas may give you instructions made just for you — at your consultation or when you go home after surgery. If his instructions are different from this guide, follow his instructions. If you are not sure, message us. Last reviewed: November 2026.