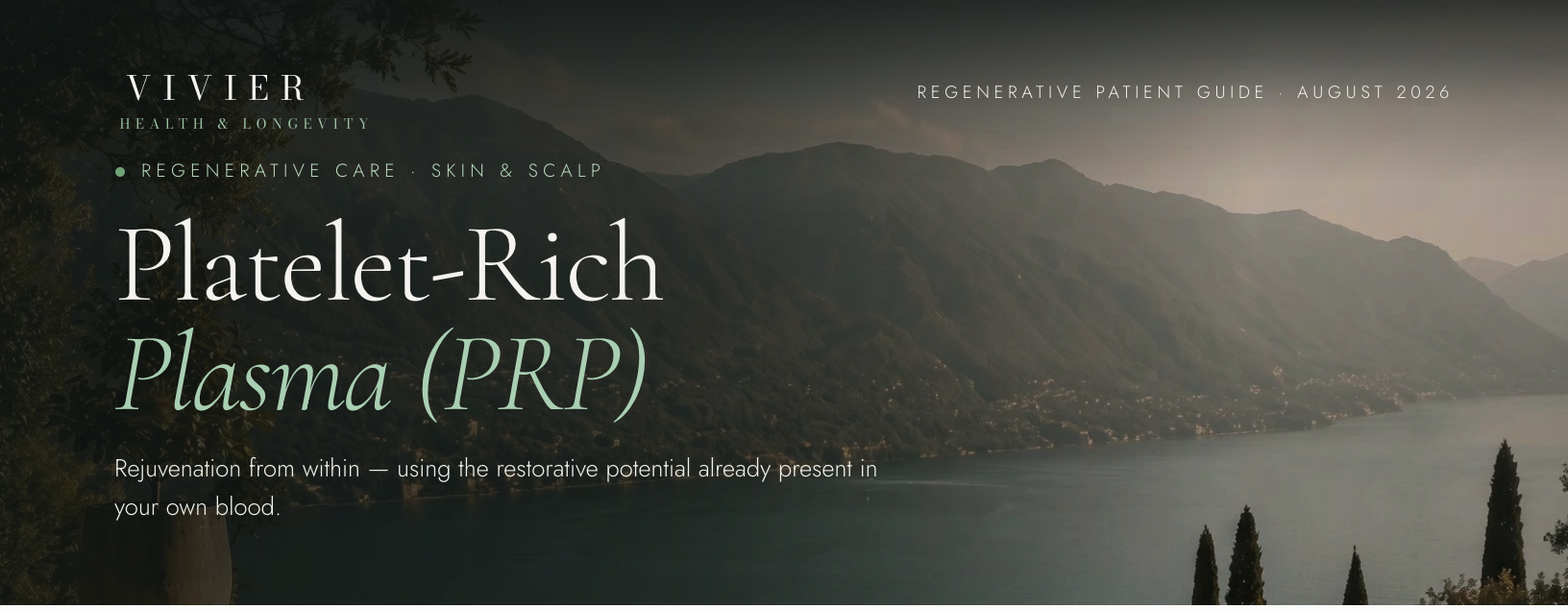


REGENERATIVE CARE · SKIN & SCALP

Platelet-Rich *Plasma (PRP)*

Rejuvenation from within — using the restorative potential already present in your own blood.

Your body already carries an extraordinary repair system. PRP concentrates your own platelets and places their signaling proteins where rejuvenation is desired. The goal is not to add artificial volume. It is to encourage the skin or scalp to renew, strengthen, and improve gradually from within.

WHAT IS PRP?

Platelet-rich plasma is prepared from a small sample of your own blood. The sample is spun in a centrifuge to separate red blood cells from plasma and concentrate the platelet-containing portion. The prepared PRP is then delivered to the treatment area by precise injections, microneedling, or a combination selected for your goals.

Because PRP is autologous — made from you for you — it works with your biology rather than introducing a synthetic filler. Mild swelling, pinpoint bleeding, tenderness, or bruising can still occur.

WHAT DO PLATELETS DO?

- **Signal repair:** activated platelets release growth factors and signaling proteins.
- **Support renewal:** these signals interact with local cells involved in tissue remodeling.
- **Encourage collagen:** PRP may support fibroblast activity and collagen formation.
- **Support circulation:** angiogenic signals may contribute to a healthier tissue environment.

THE TREATMENT PATHWAY

01	02	03	04
Collect	**Concentrate**	**Activate and deliver**	**Remodel**
A small blood sample is drawn from your arm.	Centrifugation separates and concentrates the platelet-rich portion.	PRP is applied or injected into carefully selected treatment zones.	The body begins a gradual tissue-renewal response over the weeks that follow.

PRP AND LONGEVITY

Longevity care is not only about adding years; it is about preserving function, resilience, and confidence across those years. PRP complements this philosophy by using a patient's own biologic signals to support healthier-looking skin, scalp vitality, and tissue quality.

At Vivier, PRP can stand alone or be incorporated into a broader clinician-guided plan that may include skin care, hair-loss evaluation, hormone and metabolic assessment, nutrition, sleep, and other regenerative strategies.

Renew texture, tone, *and tissue quality*

Each treatment area has its own anatomy and goal. Vivier selects injection, microneedling, or combination techniques accordingly.

Under-eyes

May support: crepey or thin under-eye skin, texture, tissue quality, mild laxity, and some causes of shadowing or discoloration.

Best suited for: patients seeking gradual tissue rejuvenation rather than filler-like volume.

Face

May support: smoother texture, refreshed tone, fine-line softening, hydration, and firmer-looking skin. PRP may be injected, paired with microneedling, or both.

Neck

May support: skin quality, fine lines, crepiness, and mild laxity in an area where skin is often delicate and exposed to cumulative aging.

Hands

May support: texture, elasticity, hydration, crepey appearance, and overall tissue quality on the backs of the hands.

Décolleté

May support: sun-damaged appearance, fine lines, uneven texture, and loss of elasticity across the upper chest.

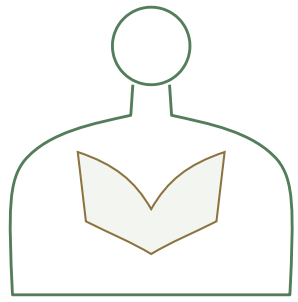
Microneedling + PRP

May support: collagen and elastin remodeling, smoother texture, more even-looking pigmentation, and improved appearance of selected acne scars. PRP is used to complement collagen-induction therapy.

WHERE IS THE DÉCOLLETÉ?

The décolleté is the visible upper-chest area extending below the neck and across the collarbones. It receives frequent sun exposure and may develop fine lines, mottled tone, and loss of elasticity.

Tip: daily broad-spectrum sunscreen should extend beyond the face to the neck, chest, and hands.



DÉCOLLETÉ / UPPER CHEST

WHAT PRP DOES NOT DO

PRP is not a surgical lift and does not behave like a dermal filler. Its appeal is a gradual, natural-looking improvement in tissue quality. Recommendations depend on skin condition, anatomy, health history, and the degree of change desired.

SELECTED EVIDENCE & PATIENT RESOURCES

1. American Academy of Dermatology. "Is platelet-rich plasma the secret to younger-looking skin?" aad.org

2. Cruciani M, et al. Platelet-rich plasma for facial rejuvenation: an overview of systematic reviews. *Blood Transfus.* 2024. PMID: 38557322.

Support fuller, *healthier-looking hair*

PRP can be an important part of a complete hair-restoration strategy for appropriately selected women and men.

HOW SCALP PRP WORKS

Concentrated platelets are injected into thinning areas of the scalp. Their growth-factor signals may support the follicle environment, prolong the active growth phase, and improve hair density in some patients — especially when viable follicles remain.

WHO MAY BENEFIT

- Women or men with early-to-moderate pattern hair thinning.
- A widening part, reduced ponytail volume, temporal recession, or crown thinning.
- Patients seeking a non-surgical adjunct to a broader hair-restoration plan.
- Patients with viable, miniaturizing follicles rather than long-standing smooth bald areas.

WHAT IMPROVEMENT MAY LOOK LIKE

- Reduced shedding or stabilization may be noticed before visible regrowth.
- New or stronger growth takes time because hair follicles cycle slowly.
- Density, caliber, and photographic changes are assessed over months — not days.
- Maintenance may be recommended because pattern hair loss can continue over time.

A COMPLETE EVALUATION MATTERS

Hair loss is not one diagnosis. Hormonal change, thyroid disease, iron or nutrient deficiency, medications, illness, stress, autoimmune disease, and scarring disorders can look similar. PRP works best when the underlying pattern is identified and treatable contributors are addressed.

Some patients may benefit from combining PRP with clinician-directed topical or oral therapy, nutritional correction, hormone or metabolic care, scalp treatment, or transplant planning.

WHY AT LEAST THREE SESSIONS?

A series is designed to create repeated biologic signaling. Vivier commonly recommends at least three treatments, often spaced several weeks apart, because one session may not provide enough stimulation to judge response.

Many patients begin noticing early changes over approximately 2–3 months, with more meaningful assessment around 3–6 months. Timing, number of sessions, and maintenance are individualized. **Results vary and cannot be guaranteed.**

3+

COMMON INITIAL SERIES

At least three sessions are typically needed before the response can be meaningfully evaluated.

3–6 months

MEANINGFUL REVIEW WINDOW

Standardized photographs and clinical examination help track gradual change.

SELECTED EVIDENCE & PATIENT RESOURCES

3. American Academy of Dermatology. "Hair loss: Diagnosis and treatment." aad.org

4. Zhang X-X, et al. Platelet-Rich Plasma for Androgenetic Alopecia: A Systematic Review and Meta-Analysis. *Dermatol Surg*. 2023;49(9):822–830. PMID: 37533146.

Prepare well. *Heal beautifully.*

Thoughtful preparation helps protect platelet function, reduce avoidable bruising, and support a smooth recovery.

BEFORE YOUR PROCEDURE

- **Meals:** avoid a heavy meal during the 3 hours before your appointment. If hungry, choose a light option as directed by Vivier. PRP is not normally a fasting procedure unless you are specifically told otherwise.
- **Hydration:** drink water before arrival unless you have a medical fluid restriction.
- **NSAIDs:** avoid nonsteroidal anti-inflammatory drugs such as ibuprofen or naproxen for 48 hours beforehand unless your clinician gives different instructions.
- **Aspirin:** avoid non-prescribed aspirin for 7 days beforehand. Never stop prescribed aspirin, anticoagulants, or antiplatelet medication without permission from the prescribing clinician.
- **Alcohol:** avoid alcohol for 48 hours before and after treatment.
- **Clean skin/scalp:** shower before the procedure. Arrive with the treatment area clean and free of makeup, lotions, oils, hair fibers, or styling products.
- **Comfort:** if Vivier has specifically approved it for you, take acetaminophen (Tylenol) 1,000 mg one hour before treatment. Do not take it if you have been told to avoid acetaminophen, have significant liver disease, heavy alcohol use, an allergy, or another medicine that already contains acetaminophen.

WHAT HAPPENS WHEN YOU ARRIVE

- **Check-in and vitals:** we confirm your health information, medications, and readiness for treatment.
- **Review and photographs:** we discuss changes since your last visit and capture standardized before images. Follow-up photographs help us assess gradual progress.
- **Numbing:** topical numbing cream is applied when appropriate and allowed time to work.
- **Blood collection and preparation:** a small sample is drawn and processed to concentrate the platelet-rich portion.
- **Treatment:** you are positioned comfortably while PRP is precisely injected, microneedled, or combined according to your plan.
- **Aftercare review:** we review expected reactions, home care, and your next treatment or follow-up.

AFTER YOUR PROCEDURE

- Expect temporary redness, tenderness, swelling, pinpoint bleeding, tightness, or bruising.
- **Hair PRP:** do not shampoo for 48 hours. You may gently rinse with water if Vivier has approved this for your treatment.
- Avoid alcohol for 48 hours. Avoid NSAIDs after treatment for the period directed by Vivier; use only approved comfort measures.
- Avoid scratching, rubbing, picking, vigorous massage, or unapproved products on the treated area.
- Follow the individualized timing provided for exercise, heat, sun, makeup, skin care, and hair products, because it varies by treatment area and technique.

CONTACT VIVIER PROMPTLY FOR

- Pain, redness, warmth, or swelling that is severe or worsening rather than settling.
- Drainage, fever, spreading redness, blistering, or another possible sign of infection.
- A new rash, hives, facial swelling, breathing difficulty, fainting, or another concerning reaction.
- Any symptom that feels unexpected or makes you uneasy.

EMERGENCY SYMPTOMS

Call 911 or seek urgent medical care for trouble breathing, severe facial or throat swelling, chest pain, fainting, or signs of a severe allergic reaction.

Why these instructions matter. Platelets are central to clotting and release biologic signals used in PRP. Avoiding medications or exposures that impair platelet function may help preserve the intended treatment response; reducing alcohol and following gentle aftercare may also help limit bruising and support healing. Your medical safety always comes first.

SELECTED EVIDENCE

5. Kao DS, et al. A Systematic Review on the Effect of Common Medications on Platelet Count and Function: Which Medications Should Be Stopped Before Getting a Platelet-Rich Plasma Injection? *Orthop J Sports Med.* 2022;10(4). PMCID: PMC9008823.

VIVIER
HEALTH & LONGEVITY

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Patient education only. This guide does not diagnose a condition, recommend a therapy, or replace individualized medical advice, a clinical evaluation, or emergency care. PRP and microneedling with PRP are not FDA-approved for the cosmetic and hair-restoration uses described here, and evidence varies by treatment area and by patient. No outcome is promised or implied; individual results vary. Call 911 for emergencies.