

PRP

Platelet-rich plasma, often shortened to PRP, is a treatment that utilizes the regenerative properties **naturally found in your blood** to stimulate growth and healing processes. PRP is thought to contain over 20 different types of growth factors, as well as a multitude of small proteins that are designed to reduce inflammation, enhance cellular turnover, and aid in wound healing. ⁽¹⁾ PRP injections can either be administered as a standalone treatment or to complement the effects of another procedure, with these injections gaining popularity in fields such as skin rejuvenation, hair restoration, and more. ⁽²⁾

Led by [Dr. Dalia Tobbia](#), [Plastische Chirurgie am Klosterstern](#) has become one of the premium aesthetic destinations in Hamburg, Germany. Dr. Tobbia and her team are **proud to help patients enhance both their appearance and confidence** with minimally invasive procedures like PRP injections.

To schedule your personal consultation and learn more about how PRP can help you achieve your goals, please [contact us online](#) or call +49 40 46 091 076.

Before & After Photos

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About PRP

PRP is an injectable treatment that utilizes the platelet-rich plasma found in patients' blood. The procedure involves **taking a small sample of blood**, then processing it before reinjecting it into the treatment area. PRP has several applications, including **enhancing skin health and hair restoration**. ⁽²⁾

Benefits

The advantages of PRP treatments extend far beyond enhancing one's appearance. Several notable benefits include:

- **Natural Ingredients:** The use of autologous blood means there is a minimized risk of allergic reactions and complications.
- **Collagen Production:** PRP encourages collagen production, which can lead to firmer and smoother skin.
- **Reduced Inflammation:** The growth factors in PRP help decrease inflammation, providing relief from pain and discomfort.

- **Minimally Invasive Treatment:** PRP treatments only involve injections, meaning patients will have a shorter recovery time in comparison to surgical intervention.
- **Quick Procedure:** Most PRP sessions typically last between 45-60 minutes and are performed in an outpatient setting.
- **Long-Lasting Results:** Patients have experienced results that can last almost two years.
- **Versatile Applications:** PRP can be administered to multiple areas, including the scalp and face, for hair restoration and skin rejuvenation, respectively.
- **Enhanced Confidence:** Patients often report feeling more confident in their appearance following their treatment.

Candidates

Individuals seeking PRP injections are typically those **interested in non-surgical or more natural remedies for scalp or skin concerns**. These may include mild to moderate levels of hair thinning or shedding, as well as wrinkles, creases, or other signs of facial aging. All candidates interested in our PRP injections **should be in good overall health** with realistic expectations regarding their results. We will determine each patient's candidacy during their personal consultation.

Advice and Treatment

Each patient is **asked to attend a personal consultation** before starting their treatment. During this consultation, Dr. Tobbia or another team member will meet with you to ensure that our treatment is right for your concerns. We will ask about your medical history, concerns, and desired outcomes, and evaluate the treatment areas. Once a patient's candidacy is confirmed, their **treatment plan will be crafted**. Patients are encouraged to prepare and ask questions as they please, as this consultation is designed to be **empowering and informative**.

To schedule your personal consultation at our Hamburg office, please [contact us online](#) or call **+49 40 46 091 076**.

Preparation

Each patient will **receive a set of personalized instructions** during their consultation. These instructions may vary between patients depending on the areas being treated, but should be followed closely.

Patients may be asked to discontinue using certain medications and supplements with blood-thinning properties. Sun protection should be applied meticulously when going out, but it is recommended to avoid sun exposure altogether. Alcohol should also be avoided, and patients are **encouraged to stay hydrated and maintain a nutritious diet**.

Procedure

Upon arrival, each patient will be led to a private area where the treatment area is cleansed and sanitized. A sample of blood is then drawn from the arm, similar to that of a regular doctor's appointment. This sample is **processed in a centrifuge**, where the plasma is separated from the other cellular matter. The concentrated solution of platelets and plasma is then injected into predesignated areas of the face or scalp. Each treatment time can vary depending on a patient's goals, but appointments often last between 45-60 minutes, **with most patients benefitting from a series of appointments**.

Recovery

Following their appointment, patients are free to return to their routines, as there is often **little downtime associated with PRP injections**. However, physical or other high-intensity activities should be avoided for 24-48 hours. It is normal for patients to experience bruising, swelling, or mild tenderness at the injection sites. These effects are temporary and often subside within 24-48 hours. **Any further recovery instructions will be provided** during your personal consultation.

Results

Results of PRP for Skin Rejuvenation

Patients who received PRP to enhance their skin will be able to **see the results of their treatment manifest gradually** as their collagen levels rise. Patients will experience an improvement in the overall texture, tone, and appearance of their skin. The skin will likely become firmer and elastic with a **noticeable reduction in fine lines and wrinkles**. The results of PRP for skin rejuvenation can last for several months, but patients are recommended to return for maintenance injections every eight weeks for the most notable results.

Results of PRP for Hair Restoration

PRP for hair restoration yields gradual results. Many patients can see initial results after approximately three months; however, the full results will become more apparent after around six months. Patients will be able to **experience thicker and denser hair growth**,

especially in areas that may have experienced thinning or hair loss. Hair restoration patients are recommended for reinjection every several months for the best results.

Corresponding Procedures

Microneedling with Stem Cells

[Microneedling with stem cells](#) is a skin treatment that combines microneedling's collagen-stimulating capabilities with stem cell regeneration. This treatment triggers the body's natural healing response by creating tiny microchannels in the skin. It is designed to enhance the texture, tone, and overall health of the skin, **leaving it youthful-looking, radiant, and firm**. The use of adipose-derived stem cells helps further stimulate collagen synthesis and cell turnover, providing a visual reduction in wrinkles, creases, and other visual signs of aging.

Face Boosters

Our [face boosters](#) are injectable solutions consisting of different vitamins and amino acids to improve the health and appearance of the skin. We include three key vitamins to help restore a more youthful-looking complexion for each patient:

- **Vitamin C:** Vitamin C, also known as ascorbic acid, helps protect the skin from harmful UV rays and stimulates collagen synthesis within the body.
- **Amino Acids:** Amino acids help control the hydration and moisture balance of the skin. The most commonly used amino acids in cosmetics include taurine, arginine, and glycine. Taurine helps with cellular reproduction and metabolic control, while arginine and glycine maintain the skin's hydration levels.
- **Glutathione:** Glutathione is an antioxidant with anti-aging properties. Known for reducing the appearance of fine lines and creases, glutathione helps increase the skin's elasticity and reduces the amount of particles that may cause tissue damage.

Cost of PRP in Hamburg, Germany

Various factors are considered when determining the price of a PRP treatment, such as the number of injection sessions needed and whether the scalp or skin is being treated. **The cost of each patient's PRP treatment will be discussed** during their personal consultation, once a treatment plan is established.

To unlock the price of your PRP injections, please schedule your personal consultation by [contacting us online](#) or calling +49 40 46 091 076.

FAQ

Is it painful to receive PRP?

Most patients describe PRP injections as tolerable. Topical anesthetics are used to reduce any potential discomfort during the procedure.

How many PRP treatment sessions will I need?

Most patients benefit from a series of regular treatments; however, the number of sessions will be determined by your personalized treatment plan.

Are there any side effects to receiving PRP?

Side effects are mild and typically include swelling, bruising, and tenderness at the injection sites. Serious complications are rare, as this treatment uses your own blood, but we will discuss any risks during your consultation.

After receiving PRP, when will I be able to return to my normal routine?

Most patients can resume routine activities directly after their appointment, although exercise and other physical or high-intensity activities should be avoided for several days post-procedure.

Can PRP be used in combination with any other treatments?

Yes, PRP can be used to complement the effects of other treatments, such as microneedling or our face boosters treatment. We recommend scheduling a personal consultation to discuss each of your available options.

References

1. Garg S, Manchanda S. Platelet-rich plasma—an “Elixir” for treatment of alopecia: personal experience on 117 patients with review of literature. *Stem Cell Investigation*. 2017;4:64-64. doi:<https://doi.org/10.21037/sci.2017.06.07>
2. Pavlovic V, Ciric M, Jovanovic V, Stojanovic P. Platelet Rich Plasma: a short overview of certain bioactive components. *Open Medicine*. 2016;11(1). doi:<https://doi.org/10.1515/med-2016-0048>