

PRP

(Platelet-Rich Plasma (PRP) for Intimate Health)

What Is PRP?

Platelet-Rich Plasma (PRP) is a treatment made from your own blood. A small blood sample is taken and processed to concentrate platelets, which contain natural growth factors. These growth factors may help support tissue repair, hydration, and blood flow.

PRP has been used for many years in medicine (e.g. orthopaedics, dermatology) and is increasingly used as a regenerative treatment in intimate health.



How Does It Work for Intimate Areas?

PRP is carefully injected into specific areas of the vulva and/or vagina, depending on your symptoms and treatment goals. Because PRP comes from your own blood, the risk of allergy or rejection is very low.

Conditions PRP May Help with:

Urinary Incontinence

PRP may help to improve tissue strength and elasticity, support the urethral and vaginal tissues, and reduce mild urine leakage, particularly when coughing, laughing, or exercising. While it is not a replacement for surgery, it can be a helpful option for those experiencing mild to moderate symptoms.

Vaginal Dryness and Discomfort

PRP may help to improve vaginal hydration and reduce symptoms such as dryness, irritation and burning, leading to greater comfort in daily activities and intimacy. It can be particularly beneficial for those experiencing menopause, post-partum changes or other hormonal fluctuations, and for patients who are unable to use, or prefer to avoid, hormone-based treatments.

Sexual Pleasure and Sensitivity

Some patients report improved sensitivity, increased comfort during intercourse, and greater sexual confidence and satisfaction following PRP treatment. However, results do vary between individuals, and PRP should not be considered a guarantee of enhanced sexual function.



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Lichen Sclerosus

PRP may be used as a supportive treatment for lichen sclerosus, with potential benefits including improved skin quality and elasticity, reduced irritation or discomfort, and support for tissue healing. It is important to note that PRP does not cure lichen sclerosus and does not replace prescribed medical treatments such as topical corticosteroids. It may be considered as an additional therapy for selected patients under appropriate medical supervision.

4. How many treatments are needed?

Some patients notice improvement after a single session; however, a course of two to three treatments, typically spaced around four weeks apart, is commonly recommended for optimal results. Maintenance treatments may also be advised over time, depending on individual symptoms and response.

What to Expect During Treatment

- ✓ Duration: 30 to 40 minutes,
- ✓ Local anaesthetic is typically used to improve comfort.
- ✓ A small blood sample is taken from your arm
- ✓ The blood is processed to isolate platelet-rich plasma
- ✓ PRP is injected into targeted intimate areas using fine needles

You should avoid PRP if you:

- Have certain Blood disorders
- Have active infections
- Have severe uncontrolled medical conditions
- A full medical assessment is required before treatment

Possible Side Effects

- PRP is generally considered safe because it uses your own blood.
- Temporary swelling or bruising
 - Mild discomfort
 - Rare risk of infection or bleeding
 - A full medical assessment is required before treatment

Important to know

Results vary from person to person, and improvements often develop gradually over the course of several weeks to months.

PRP is not a guaranteed cure, and specific outcomes cannot be promised.

PRP for intimate health is a regenerative treatment option that may help to improve comfort, support tissue health, and enhance overall quality of life. It should always be carried out by a trained healthcare professional and considered as part of an individualised treatment plan tailored to each patient.