PRP for *intimate health*

Platelet-rich plasma, made from your own blood

HELEN HUNT MEDICAL AESTHETICS

What is PRP?

Platelet-rich plasma (PRP) is made from your own blood. A small sample is taken and processed to concentrate the platelets, which contain natural growth factors that may help support tissue repair, hydration and blood flow. PRP has been used for many years in medicine and is increasingly used as a regenerative treatment in intimate health. Because it comes from your own blood, the risk of allergy or rejection is very low.

How can PRP help?

1. **Urinary incontinence**
   May help improve tissue strength and elasticity and reduce mild leakage when coughing, laughing or exercising. It is not a replacement for surgery.
2. **Vaginal dryness & discomfort**
   May improve hydration and ease dryness, irritation and burning, particularly with menopause, post-partum changes, or where hormone treatments aren't suitable.
3. **Sensitivity & comfort**
   Some patients report improved sensitivity, comfort during intercourse and confidence, though results vary.
4. **Lichen sclerosus**
   May be used alongside prescribed treatment to support skin quality and ease discomfort. It does not cure lichen sclerosus or replace medical treatment.

At a glance

TREATMENT TIME
30–40 minutes

COMFORT
Local anaesthetic is typically used

MADE FROM
A small sample of your own blood

RECOMMENDED COURSE
2–3 sessions, around 4 weeks apart

RESULTS
Develop gradually over weeks to months

WHAT TO EXPECT

- A small blood sample is taken from your arm
- It is processed to isolate the platelet-rich plasma
- Local anaesthetic is applied for comfort
- PRP is injected into targeted areas using fine needles

HOW MANY TREATMENTS?

Some patients notice improvement after one session, but a course of two to three treatments, around four weeks apart, is commonly recommended. Maintenance treatments may be advised over time, depending on your symptoms.

POSSIBLE SIDE EFFECTS

PRP is generally considered safe, as it uses your own blood.

- Temporary swelling or bruising
- Mild discomfort
- Rare risk of infection or bleeding

NOT SUITABLE IF YOU HAVE

- Certain blood disorders
- An active infection
- A severe, uncontrolled medical condition

IS IT RIGHT FOR ME?

A full medical assessment is carried out at your Women's Health Consultation before any treatment, so your practitioner can recommend the right plan for you.

RESULTS

Improvements often develop gradually over several weeks to months. PRP is not a guaranteed cure, and specific outcomes cannot be promised.

IMPORTANT TO KNOW

PRP for intimate health is a regenerative option that may help to improve comfort, support tissue health and enhance your overall quality of life. It is always carried out by a trained healthcare professional as part of an individual treatment plan, in a private and supportive setting. If you have any questions, please call the clinic on 01392 984171. Our team is always happy to help.

Begin with a *consultation*

01392 984171 · enquiries@helenhuntaesthetics.co.uk · helenhuntaesthetics.co.uk

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SCAN TO BOOK

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