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PRF vs PRP for Hair Restoration



A Simple Guide to Understanding the Difference

Hair thinning can be emotional, frustrating, and confusing.

Many people notice more shedding, a widening part, thinning at the temples, or an overall loss of fullness long before they understand what is actually happening at the follicle level.

The good news is that there are now several treatment options that can help support healthier hair growth, especially when hair follicles are still active.

At Cobb Wellness & Aesthetics, we have offered PRP hair restoration for many years. We are now also offering PRF as an option for our patients.

Both PRP and PRF use components from your own blood to support scalp health and hair follicle activity. They are similar, but they are not exactly the same.

This guide will help you understand what PRF and how it differs from PRP.

What Is PRP?



PRP stands for platelet-rich plasma.

Platelets are small cells in your blood that play an important role in healing and tissue repair. They contain growth factors and signaling proteins that help your body respond to injury, inflammation, and repair needs.

With PRP, a small amount of your blood is drawn and placed into a specialized centrifuge. The centrifuge separates the blood into layers so that the platelet-rich portion can be collected and used for treatment.

For hair restoration, PRP is injected into areas of the scalp where the hair is thinning. The goal is to help stimulate healthier follicle activity, improve the scalp environment, and support thicker, stronger hair growth over time.

PRP is often used for people with early to moderate thinning, androgen-related hair loss, stress-related shedding, and patients who want a more natural option using their own biology.

After injection, the platelets release growth factors that help support hair growth.

What Is PRF?



PRF stands for platelet-rich fibrin.

Like PRP, PRF is created from your own blood. It also contains platelets, growth factors, and other healing components that may help support tissue repair and follicle function.

The main difference is in how PRF is processed.

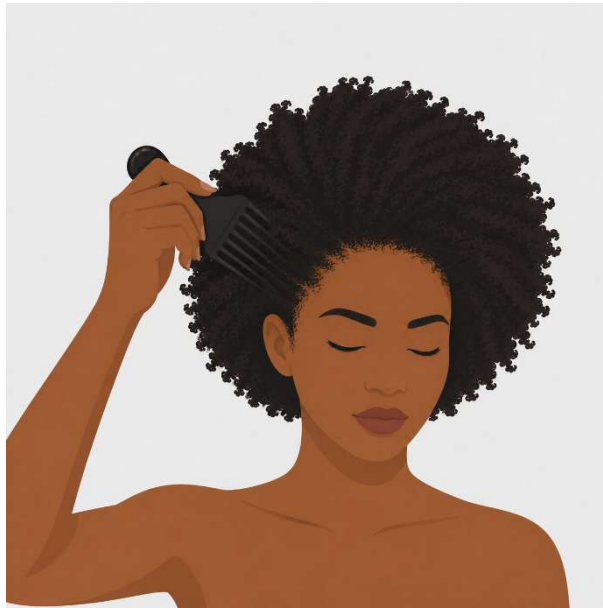
Dentists have been using PRF for many years. The process of obtaining PRF differs from PRP. The tubes that are used have no blood thinner in them. After injecting PRF, a matrix is formed that holds the platelets in place. The growth factors that support hair growth are held in place for as long as 2 weeks.

PRF is typically spun at a lower speed and is prepared without the same type of anticoagulant used in many PRP systems. This allows a fibrin matrix to form.

That fibrin matrix is one of the reasons PRF is so interesting.

Think of fibrin as a soft, natural scaffold. Instead of releasing growth factors more quickly, PRF may allow for a slower, more sustained release of growth factors into the tissue for up to 2 weeks, longer than what is seen with PRP.

PRP and PRF: How Are They Similar?



PRP and PRF have several things in common.

Both are created from your own blood.

Both contain platelets and growth factors.

Both are used to support the body's natural repair processes.

Both can be injected into the scalp in areas of thinning.

Both are commonly used as part of a series of treatments.

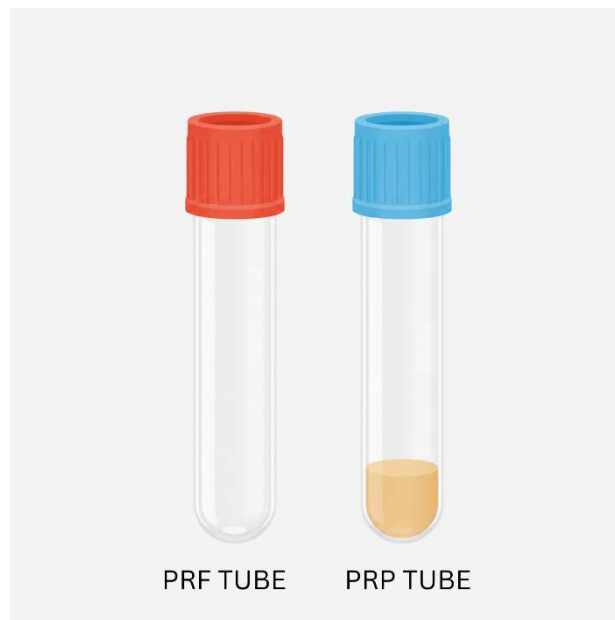
Both work best when the follicle is still alive and capable of responding.

Neither PRP nor PRF creates “new hair follicles.” Instead, the goal is to improve the environment around existing follicles and help them function more optimally.

This is why earlier treatment is usually better. Once a follicle has been inactive for too long, it may not respond as well.

How Is PRF Different From PRP?

Although PRP and PRF are related, there are some important differences.



1. PRF is obtained after a blood draw. The tubes are different, the PRF tubes have no blood thinner

PRP tubes contain blood thinner to prevent the platelets from forming a clot before injecting. PRF tubes do not contain blood thinner. PRF is processed more gently. PRF is usually spun at a lower speed than many PRP preparations. This may help preserve more of the natural cellular components involved in healing and tissue signaling.

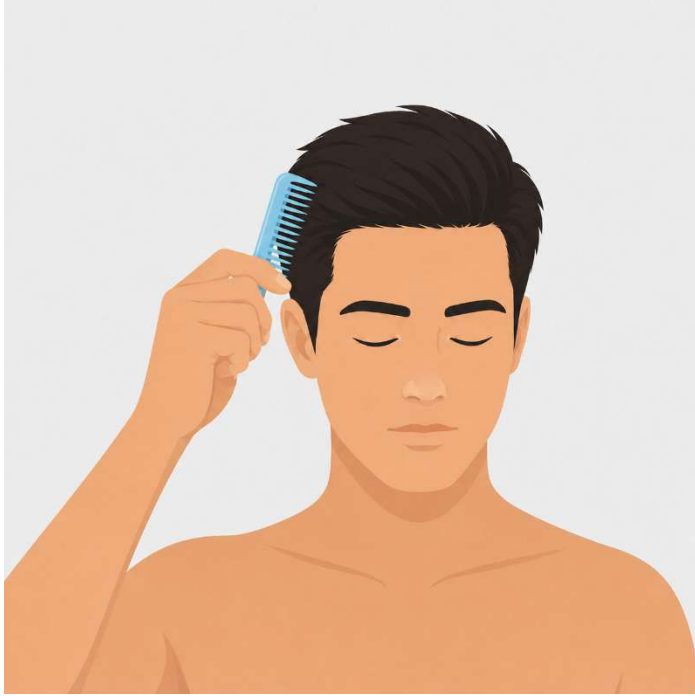
2. PRF forms a fibrin matrix

The fibrin matrix is one of the key features of PRF. It acts like a soft scaffold that may hold platelets and growth factors in the area longer up to 2 weeks.

3. PRF may release growth factors more slowly

PRP tends to release many of its growth factors earlier. PRF may release growth factors in a more gradual way because of the fibrin structure.

This slower release is one of the reasons PRF is being used more often in regenerative aesthetics, dentistry, orthopedics, and now hair restoration.



4. PRF is newer in hair restoration

PRP has more published research and a longer track record in hair restoration.

PRF is newer. Early research and clinical experience are promising, but protocols are still evolving. That means PRF should be presented as an option, not as a guaranteed replacement for PRP.

At Cobb Wellness & Aesthetics, we see PRF as another tool — not a magic treatment and not a one-size-fits-all solution.

Why Might PRF Be Helpful for Hair Restoration?

Hair thinning is rarely caused by one single factor.

Hormones, inflammation, stress, nutrient deficiencies, thyroid imbalance, insulin resistance, genetics, medications, aging, and scalp health can all play a role.

PRF may be helpful because it supports the local scalp environment. The growth factors and signaling proteins in PRF may help support:

- Healthier follicle activity

- Improved scalp repair

- Reduced shedding in some patients

- Better hair thickness and density over time

A more supportive environment for hair growth
Natural tissue repair and remodeling

Because PRF comes from your own blood, it is considered an autologous treatment. That means it uses your own biological material rather than a synthetic drug or foreign substance.

Most patients need a series of treatments rather than one single session. Hair grows slowly, and the follicle needs time to respond.

A typical plan may include several initial treatments spaced apart, followed by maintenance treatments depending on your response and your goals.

Because every patient is different, your recommended treatment schedule will be based on your hair loss pattern, your medical history, and how your scalp responds.

When Will I See Results?

Hair growth takes time.

Some patients notice less shedding first. Others notice changes in texture, fullness, or density over several months.

Visible improvement often takes several months because hair grows in cycles. It is important to be patient and consistent.

PRF is not an instant cosmetic fix. It is a regenerative treatment designed to support healthier follicle function over time.

Does PRF Work for Everyone?

No treatment works for everyone.

PRF may be helpful for many patients, but results vary. The outcome depends on the cause of hair loss, how long the thinning has been present, the health of the follicles, genetics, hormones, nutrition, stress, inflammation, and consistency with the treatment plan.

This is why a thoughtful consultation is important.

The goal is not just to offer a procedure. The goal is to understand why your hair is thinning and create a plan that gives your follicles the best possible support.

PRF vs PRP: A Simple Summary

PRP is platelet-rich plasma.

PRF is platelet-rich fibrin.

Both come from your own blood.

Both contain growth factors.

Both can support hair restoration.

Both are injected into thinning areas of the scalp.

PRP has been used longer and has more research in hair restoration.

PRF is newer and may offer a slower, more sustained growth factor release because of its fibrin matrix.

PRP may be a good option for many patients.

PRF may be a good option for patients who want a more advanced regenerative approach.

A combination plan may be appropriate for some patients.

The best treatment is the one that fits your biology, your hair loss pattern, and your long-term goals.

My Approach to Hair Restoration

I believe hair loss should be treated with both science and compassion.

Hair thinning is not vanity. It can affect confidence, identity, and how you feel when you look in the mirror.

I believe that with all regenerative procedures it is important to optimize the Foundation. This includes nutrition, sleep and stress management. Adequate protein is required to provide the building blocks for your hair.

PRF is one more option that allows us to support the body's natural repair process. It can be used alone or as part of a more comprehensive plan that may include PRP, microneedling, scalp treatments, nutritional support, hormone evaluation, thyroid optimization, and other therapies when appropriate.

Hair restoration is about creating the healthiest possible environment for your hair to grow.

Is PRF Right for You?

PRF may be worth considering if you are noticing thinning, shedding, or loss of density and want a natural, regenerative option using your own blood-derived growth factors.

The best next step is a consultation so we can evaluate your hair loss pattern, discuss your goals, and decide whether PRP, PRF, or a combination approach makes the most sense for you.

You do not have to figure this out alone.

There are options, and the earlier you begin supporting the follicle, the better chance we have of improving the health and appearance of your hair.

Ready to See if this is right for you?

If you are interested in PRF or PRP for hair restoration, we would be happy to help you explore your options. Please fill out the hair loss history form on our site to get started

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