

Exosome Treatment Patient Checklist

Quick Reference

- Exosomes

Cell-signalling vesicles, lab-cultured, no donor blood needed

- PRP

Patient's own platelet-rich plasma, requires draw and spin

- Stem Cell

Live cell therapy, not approved for cosmetic skin in Canada

Facts to remember

- * Health Canada has not approved any injectable exosome product for skin; topical use after microneedling is the standard in licensed clinics.
- * Most providers use a 3- to 4-pass microneedling protocol at 0.5 to 1.5 mm depth before applying exosome serum.
- * A typical course is 3 sessions spaced 4 weeks apart; results compound over 8 to 12 weeks as collagen remodels.
- * Real-world Toronto pricing sits in the \$400 to \$750 per session range; package pricing is common.
- * Recovery is 24 to 72 hours of mild redness; sun avoidance for a week is standard.

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