

PRP Hair Restoration Pre/Post Treatment Instructions

Pre-Treatment

- Minimize or avoid alcohol consumption 24hrs before your treatment.
- If possible, refrain from smoking prior to your procedure as it impacts the healing process.
- Make sure to stay hydrated leading up to and the day of your appointment, as this makes the blood draw easier.

Day of Treatment

- Shower the morning of your treatment and wash your hair very thoroughly using your regular shampoo.
- Do not apply sprays, gels, or any other styling products to your hair.
- If you wear a hair system, please remove it prior to shampooing and do not wear it before your PRP treatments.
- Please eat a normal breakfast or lunch the day of your PRP session.
- Drink a bottle of water (500 mL) at least 2 hours before your session to make the blood draw easier.
- It is strongly recommended to take a hot shower to wash your hair that evening, after the treatment, to promote the effects of PRP.

Post Treatment

- It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following your treatment. If you experience any pain or discomfort you may take Tylenol or other Acetaminophen-containing products as directed.
- You may have a bruise at the blood draw site.
- You may notice a tingling sensation while the cells are being activated.
- In rare cases, skin infection or reaction may occur, which is easily treated with an antibiotic or inflammatory. Please contact our office immediately if you notice unusual discomfort.
- Try to refrain from applying ice to the injected area as ice acts as an anti-inflammatory. Ice or cold compresses can be applied to reduce swelling if required.
- Continue to avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other antiinflammatory medications for 3 days after your procedure (if possible, try for 7 days).
- Avoid vigorous exercise, sun and heat exposure for at least 2 days after your treatment.
- Do not use any hair products for at least 6 hours after your treatment.

- Be sure to take a hot shower and wash your hair that evening, after the treatment, to promote the effects of PRP.
- Avoid saunas, steam rooms, swimming for 2 days after your treatment.
- Avoid alcohol, caffeine, and smoking for 3 days after treatment. Smokers do not heal well, and problems recur earlier, and results may take longer.
- Avoid resuming Minoxidil (Formula 82M, Rogaine®), hair coloring, and straightening for 3 days.
- Continue increased water intake the first week after your treatment.
- Do not use blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids and at least one week after your treatment.

Date *

MM/DD/YYYY

Signature *