



Pre and Post-Procedure Instructions

PRP HAIR RESTORATION PRE-PROCEDURE INSTRUCTIONS

- If you are taking any blood thinners, please let the doctor know immediately, as they may represent a contra-indication to this treatment. These medications include Plavix, Coumadin and Heparin.
- You may use Tylenol (acetaminophen) as needed prior to the treatment.
- If you are taking broad beta-blockers such as Inderal (Propranolol), please contact the doctor as this medication may need to be changed to a select beta-blocker in advance of the treatment.
- If possible, please refrain from, or minimize, smoking three days prior to and one day after the treatment. Smoking may impact healing and oxygen delivery to the scalp; therefore, your results may be improved the longer you are able to stop smoking before and after the treatment.
- Prescription medications (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of and the day after your treatments.
- Minimize alcoholic consumption the day prior to your PRP treatment

...THE MORNING OF YOUR TREATMENT...

- Shower the morning of your treatment and wash your hair very thoroughly using a **FRAGRANCE-FREE 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.
 - Recommendation for shampoo: VaniCream Free & Clear Shampoo from Amazon (\$9.99)
- Eat regularly the morning of your treatment and please drink approximately 16 oz of water at least 2 hours prior to your treatment.
- Sedation is not required for PRP treatments and local numbing will not be given due to the risk for shock loss.

PLATELET-RICH PLASMA POST-PROCEDURE INSTRUCTIONS

Please carefully read and follow these instructions after your PRP treatment. There are minimal restrictions after your PRP injections allowing you to return to your daily activities almost immediately.

1. **DO NOT** touch, press, rub or manipulate the treated area(s) for at least 8 hours after your treatment.
2. **AVOID** Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, (all non-steroidal anti-inflammatory agents), Vitamin A, Vitamin E, Gingko Biloba, Garlic, Flax Oil, Cod Liver, Essential Fatty Acids (EPA, DHA), for at least 1 week prior to and 2 weeks after your treatment. Remember, our goal is to create inflammation. These listed medications will limit or prevent inflammation, which can diminish your



results. If you must take Aspirin for cardiac reasons, you certainly may do so, but this may limit your results.

3. It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following your procedure. If you experience any pain or discomfort, you may take Tylenol or other Acetaminophen-containing products as directed. We would prefer if you could refrain from applying ice to the injected area as ice acts as an anti-inflammatory.

4. **DO NOT** wet your hair for at least 48 hours after your treatment.

5. **After 24 hours**, use shampoo that is pH balanced.

6. **DO NOT** use any hair products for at least 6 hours after your treatment.

7. **AVOID** saunas, steam rooms, swimming for 2 days after your treatment.

8. **AVOID** vigorous exercise, sun and heat exposure for at least 2 days after your treatment.

9. **AVOID** alcohol, caffeine, and cigarettes for 3 days after treatment. Smokers do not heal well, problems recur earlier, and results may take longer.

10. **AVOID** resuming Minoxidil (Formula 82M, Rogaine®) or hair coloring or straightening for 3 days.

11. Continue increased water intake the first week after your treatment.