



## **Pre- and Post-Treatment Instructions For Platelet-Rich Plasma Hair Loss Treatment**

### **Prior to Treatment**

Before your medical PRP treatment please observe the following:

- For best results avoid any anti-inflammatory medications for 4 weeks prior to the procedure. This allows for increased platelet function growth factor release
- Avoid any other hair care procedure, such as hair coloring for 7 days prior to the procedure
- Avoid any prolonged sun exposure and heat 5-7 days prior to treatment.
- **On the day of treatment wash your hair thoroughly using your regular shampoo. Come to the office with a clean scalp. Do not apply any hair products, sprays, gels, style products, or lotions.**
- **Please make sure to hydrate as much as possible 24-48hrs prior to the appointment**
- Please inform us if you have a history of cold sores/fever blisters or if you are a smoker. We will need to discuss this prior to treatment.

### **What to Expect**

- When you arrive at the office your blood will be drawn. It will then be spun in a device called a centrifuge. This process separates the plasma from the red blood cells.
- The PRP will then be prepared into syringes and injected into the scalp by a healthcare provider
- When PRP is injected just beneath the skin it is common to see unevenness in the treated area for up to 1 week. During this time, you may even be able to feel lumps in the treated area, these will resolve
- A certain degree of discomfort, redness, and/or irritation during and after treatment is expected

### **Instructions**

- For best results avoid anti-inflammatory medications for **4 weeks** after the treatment. The goal of this treatment is to cause inflammation, these medications will lessen the effects. Tylenol is safe to take during this phase.
- If possible, avoid applying ice topically to the scalp, this is also considered an anti-inflammatory measure
- It is normal to experience bruising, redness, itching, swelling, and/or soreness that may last 2-5 days post-treatment
- Do not touch, press, rub, or manipulate the scalp for at least 8 hours post-treatment, you can wash your hair after 24hrs with a pH-balanced shampoo
- Avoid saunas, steam rooms, or swimming for 48 hours post-treatment
- To maximize your results, it is recommended to incorporate supplements with your hair restoration process. Clinical data has shown that Nutrafol results in greater hair growth.
- We also recommend hydrfacial treatments with Keravive to stimulate the scalp for the best results

### **Post Series Treatments**

- New hair stimulation will build for up to 6-9 months post-treatment. Patients will continue to see results 3-6 months post-treatment.
- Maintenance sessions may be needed every 6 months to a year to maintain results

**Please call the office if you experience any of the following:**

If it is after hours and we cannot be reached, please contact urgent care services, or in the event of an emergency call 911

- If you are uncertain and have questions
- Pain that is not relieved by Tylenol
- Indication of infection (redness, tenderness, pus)

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