



PRP (Platelet Rich Plasma) Hair Restoration Pre and Post Instructions

Pre-Procedure:

- Reduce caffeine intake prior to treatment.
- The use of alcohol prior to your procedure will increase your risk of bruising.
- Stay hydrated. Increase your fluid intake the day prior to your procedure by drinking 2 glasses of water in the morning, at lunch, and again at dinner. **Drink a full glass of water 1-2 hours prior to your procedure and again after your procedure.**
- **On the day of your procedure**, eat a normal breakfast or lunch and continue your extra fluid intake.
- Shower the morning of your treatment and wash your hair thoroughly using your regular shampoo.
- **DO NOT** apply any gels, mousse, sprays or other styling products to your hair on day of treatment.
- **DO NOT** take Aspirin or Ibuprofen **3-5 days** prior to your procedure. You may use Tylenol products as needed.

Check with your doctor if you are using Aspirin for heart conditions.

- **If you are taking any blood thinners**, please **let your provider know immediately** as they may represent a contraindication to this treatment. *These include Heparin, Warfarin, Coumadin, and Plavix.* **Avoid smoking** for at least **3 days prior** and **1 day after** as smoking may impact healing and oxygen delivery to the scalp.
- Do **NOT** take the following supplements for **3-4 days prior** to your procedure and **3 days after** your procedure (**if bruised**).

Fish Oil or Flax Seed Oil
Melatonin
Red Clover
St. John's Wort

Garlic
Gingko Biloba
Ginseng
Vitamin E

- It is ok to color your hair up to 3 days prior to the procedure and ok to color your hair 3 days after the procedure.

After Procedure:

- **DO NOT** press, rub or manipulate the treated area for at least 8 hours after your treatment.
- If bruising occurs, avoid use of NSAIDs, including Advil, Aleve, Ibuprofen, Naproxen, Voltaren and Aspirin for 3-4 days. **Check with your doctor if you are using Aspirin for heart conditions.**
- Reduce physical activity and exercise by avoiding strenuous lifting or high-level exercises for several days after the PRP treatment. Light exercise and normal activities are permitted.
- Keep head elevated while sleeping.
- Refrain from applying ice to the injected area as ice acts as an anti-inflammatory.
- Continue increased water intake for one week after your treatment.
- It is normal to experience bruising, redness, itching, swelling, and/or soreness that may last 2-5 days following your procedure. You may use Tylenol for discomfort if needed.

**Please do not hesitate to call us at (970) 223-0193
should you have any questions or concerns regarding your PRP treatment or aftercare.**