

**Treatment Overview:** PRP therapy for hair restoration is a treatment that involves withdrawing a patient's own blood, processing it by centrifuge to have only the enriched cells remain, and injecting it into the scalp. PRP has essential proteins that stimulate natural hair growth and minimize future hair loss. Due to the natural variation in the quality of platelet-rich plasma obtained, results will vary between individuals. Some patients may require multiple sessions to obtain desired outcomes.

**You aren't an ideal candidate for PRP treatment if you have any of the following:**

- Compromised immune system from immunosuppressive diseases, HIV, HTV, or immunosuppressive medications.
- Skin conditions & diseases: Facial cancer, pre-existing or uncured. This includes SCC, BCC, melanoma, systemic cancer, chemotherapy.
- Steroid therapy, dermatological diseases affecting the face (i.e. Porphyria), communicable diseases, blood disorders & platelet abnormalities, anticoagulation therapy (i.e. Warfarin).
- Do not have PRP treatment if you are pregnant.

### **Pre Care Instructions:**

#### One Week Prior to Treatment (7 days)

##### **Medications & Herbal Drugs**

- MINIMIZE OR AVOID Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, (all non-steroidal anti-inflammatory agents), Vitamin A, Vitamin E, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver, Essential Fatty Acids (EPA, DHA), at least **1 week prior** to and **2 weeks after** treatment. **Our goal is to create inflammation.** If you're taking blood thinners: please let your provider know ASAP, as they may be a contraindication to treatment. Medications include Plavix, Heparin.
- Tylenol (acetaminophen) is OK, as needed, prior to treatment.
- Prescription drugs (including heart & blood pressure medication): continue taking as prescribed right up to, including the day of & the day after your treatment.

#### 3 Days Before Treatment

##### **Lifestyle**

- **Smoking:** AVOID or minimize **3 days** prior to treatment. Smoking impacts healing & oxygen delivery to the scalp. Your results may be improved the longer you're able to stop smoking before and after treatment.
- **Other Hair Loss Treatments:** laser treatment, minoxidil, or hormone blocking tablets are OK to continue before your treatment. If unsure if you should be stopping a medication, please ask.
- **Hair Colour:** It's OK to color your hair up to **7 days** before the treatment.
- **Diet & Fluid Intake:** Increase fluid intake the day prior to procedure & day of the procedure to ensure you are hydrated for the blood draw. Increase intake of fluid the



Platelet-Rich-Plasma (PRP) Hair Restoration Treatment  
Pre & Post Care Instructions

day before your procedure by simply drinking 2 glasses of water in the morning, 2 glasses at lunch, and 2 glasses at dinner, in addition to your normal intake of water.

Day of Treatment

- **Hair Styling:** Show 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.
- **Diet & Fluid Intake:** 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.
- Sedation is NOT required for PRP treatments.

Immediately Following Treatment:

- For pain/discomfort, you may take Tylenol or other Acetaminophen-containing products as directed.
  - You may notice a tingling sensation while the cells are being activated.
- 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 & other anti-inflammatory medications.
- Continue to AVOID blood thinning agents: vitamin E, vitamin A, Ginkgo, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids at least one week after your treatment.
- **LIFESTYLE:**
  - **Hair Styling:** AVOID hair products for at least **48 hours** after treatment. Do not wet your hair for at least **8 hours** after treatment. You may wear a hat immediately after your PRP treatment. For the first **3 days**, use pH balanced shampoo.
  - **Hair Colour:** You may have your hair colored **7 days** AFTER treatment
  - AVOID vigorous exercise, sun & heat exposure for at least **2 days** after treatment.
  - AVOID saunas, steam rooms, swimming for **2 days** after treatment.
  - AVOID alcohol, caffeine, and smoking for **3 days** after treatment. Smokers don't heal well & problems recur earlier. Results may take longer.
  - AVOID resuming Minoxidil (Formula 82M, Rogaine®), hair coloring, and straightening for **3 days**.



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- **Diet & Fluid Intake:** Add avocado, nuts, fish such as tuna/salmon/sea bass, and olive oil to diet (Omega 3 fats). Continue increased water intake the **first week** after your treatment.
- You'll start noticing increased hair growth in 6-8 weeks and maximal results from treatment will be in 3-8 months.

**REACH OUT TO US IF YOU HAVE QUESTIONS!**

Our social media is updated regularly with before & after photos, client testimonials & educational resources! And yes, we follow back.



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