



PRP HAIR Instructions

PRE - Procedure

- *Exercise:* Please avoid heavy exercise one day prior to your treatment.
- *Diet & Fluid Intake:* Please increase your intake of fluid the day before your procedure by simply drinking TWO glasses of water in the morning before your PRP session, TWO glasses at lunch and TWO glasses at dinner. Please eat a normal breakfast or lunch the day of your PRP session.
- *Cleansing:* Please wash your hair/ face in the morning or night before PRP treatment
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- *Hair Coloring:* It is perfectly fine to color your hair at a minimum of 3 days prior to your PRP treatment.
- *Supplements:* Please STOP blood thinning agents such as Vitamin E, Vitamin A, Ginkgo, Garlic, Cod, Liver, & essential fatty acids at least 7 days (1 week) before your appointment.
- *Smoking & Alcohol:* Avoid alcohol and cigarettes for 3 days before your PRP session. This is especially important for smoking as research shows smoking really impacts the healing process.
- *Medications:* Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren, and other anti-inflammatory medications for 7 days (1 week) prior to your procedure (if possible).
- **On the day of procedure: Take 2 extra strength Tylenol if no allergy/intolerance. Bring a hat and a book or music to listen to.**
- **We can provide anxiety medication for you on the day of procedure. This medication will calm your nerves. You MUST have a driver if you prefer to be premedicated prior to procedure.**

POST-Procedure

- *Exercise:* Please avoid heavy exercise today. Resuming tomorrow is fine.
- *Cleansing:* Start using the recommended shampoo, conditioner and serum
- *Hair Coloring:* It is fine to color your hair 3 days after your procedure, but not before 3 days!
- *Styling Products:* Please do not use any styling products (gel, mousse, spray) for 24 hours.
- *Smoking & Alcohol:* Avoid alcohol for the next 3 days. Avoid smoking for the next 3 days (if possible). This will help the healing process.
- *Medication:* Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren, and other anti-inflammatory medications for 5 days after your procedure (if possible). We want inflammation to occur – as this is one mechanism by which PRP works. Please safely take Tylenol for pain or discomfort.