



Post Treatment Instructions

Hair Platelet Rich Plasma (PRP)

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.

Post-Treatment Instructions

- **DO** take a warm shower after treatment
- **DO NOT** touch, press, rub or manipulate the treated area(s) for at least 8 hours after your treatment.
- **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.
- 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.
- For the first 3 days, use shampoo that is pH balanced.
- Do not use any hair products for at least **6 hours** after your treatment.
- **AVOID** saunas, steam rooms, swimming for **2 days** after your treatment.
- **AVOID** vigorous exercise, sun and heat exposure for at least **2 days** after your treatment.
- **AVOID** alcohol, caffeine, and cigarettes for **3 days** after treatment. Smokers do not heal well and problems recur earlier and results may take longer.
- **AVOID** resuming Minoxidil (Formula 82M, Rogaine®) or hair coloring or straightening for **3 days**.
- Continue increased water intake the **first week** after your treatment.

Please call our office if you have any additional questions after the procedure.