Platelet Rich Plasma (PRP) Hair Restoration Post Care

To maximize results and prevent complications:

* AVOID touching or scrubbing at the injection sites for 24 hours after treatment.
* Sleep on your back with your head elevated and avoid rubbing the treated area for two weeks
* AVOID direct high heat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc) for 24 hours after treatment.
* 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.
* 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 **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.
* We would prefer if you could refrain from applying ice to the injected area as ice acts as an anti- inflammatory.
* Do not wet your hair for at least **3 hours** after your treatment.
* Do not use any hair products for at least **6 hours** after your treatment, preferred 3 days.
* AVOID swimming for **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.
* For the first **3 days**, use shampoo that is pH balanced. Some include:

➢  Burt’s Bees Baby Bee Shampoo and Wash

➢  Tea Tree Shampoo (any brand)

Please do not hesitate to call our office should you have any questions or concerns regarding your PRP treatment or aftercare.