



HAIR RESTORATION WITH PRP/PRFM TREATMENT INSTRUCTIONS

Pre-Treatment Instructions:

- Arrive to appointment with clean, washed, and dried hair.
- DO NOT use any products in your hair such as mousse, hairspray, gel, etc.
- Please come well hydrated.
- If not medically necessary please avoid medications that can thin the blood including NSAIDs, Vitamin E, fish oil supplements, etc. 1 week prior to your appointment.
- DO NOT color, chemically straighten or perm your hair 2 weeks prior to your scheduled appointment.
- If you are already using a hair growth product (Nioxin, Rogain, Nutrafol, etc.) please tell the provider. Do not stop or start these regimens before, during, or after your treatment series. Doing so may obstruct treatment results and we will not be able to have an accurate base for hair growth.

If you have any concerns or questions about your procedure, please do not hesitate to ask your provider. Treatment results will vary from patient to patient. No two people are the same. If you have a blood disorder or are on any medications that affect your blood count, please to your provider. We want to give you the best possible results with your PRP/PRFM treatment!

Post-treatment instructions

- DO NOT wash your hair for 24 hours. You may rinse your hair if need be with warm water but do not scrub or vigorously rub scalp.
- DO NOT color, chemically straighten or perm your hair 2 weeks after your treatment. Doing so may cause infection and/or destruction of the newly placed PRP.
- After each treatment, do not use any products (including hair growth products) in your hair for 24 hours. We want to ensure the procedure sites stay clean and can close without contamination.
- Avoid alcohol consumption for 24 hours.
- Refrain from exercise/strenuous activity for 24 hours.
- DO NOT pull hair back or wear a tight hat/cap for 24 hours.
- You may resume your daily medication regimen the morning after your treatment unless otherwise told by your provider.
- A pressure headache is common after your treatment. If you experience this, you may take Tylenol to relieve it.

If you have any questions concerning your treatment, please do not hesitate to ask. We are here to help you along this journey and want to ensure you have the best possible outcome. Contact the office if you need anything or have any questions - 856-988-8483.