HAIR RESTORATION WITH PRP TREATMENT INSTRUCTIONS

PRE-CARE INSTRUCTIONS:

- Arrive with clean, dry hair. Do not use any styling products (mousse, hairspray, gel, etc.)
- Stay well hydrated: Drink at least four 8oz glasses of water the day before and three 8oz glasses within 3 hours of your procedure.
- Avoid the following for 1week prior:
  - NSAIDs (Ibuprofen, Aspirin ,Aleve, Motrin), fish oil, Vitamin E, flax oil, turmeric, garlic, and similar supplements.
  - Smoking or alcohol.
- Avoid systemic corticosteroids for 2 weeks prior to your treatment.
- Avoid coloring, perming, or chemically straightening your hair for 2 weeks before and 1 week after the procedure.
- Do not begin or discontinue hair growth treatments (e.g., Rogaine, Nioxin, Nutrafol) without speaking to your provider.
- If prescribed, take 650mg Extra Strength Tylenol 1 hour before your appointment (do not exceed 3500mg in 24 hours).
- Let your provider know if you have a blood disorder or take medications affecting clotting.

POST-CARE INSTRUCTIONS:

- Do not wash your hair for 24 hours (you may gently rinse with warm water if needed, but avoid scrubbing).
- Avoid all hair products, including hair growth formulas, for 24 hours.
- Refrain from:
  - Tight hats or pulling hair back for 24 hours.
  - Exercise or strenuous activity for 24 hours.
  - Alcohol and smoking for 1 week.
  - Saltwater or chlorinated water and UV/sun exposure for 3 days.
- Avoid NSAIDs, corticosteroids, and the supplements listed above for 1 week after treatment.
- Avoid applying ice or cold compresses to the area for 4 days. Keep the treated area clean and protected for at least 8 hours (avoid touching or rubbing).
- For 3 days post-treatment, use a gentle, pH-balanced shampoo if needed.
- Mild pain, swelling, or bruising is normal for 1–4 days. You may take Tylenol if needed.
- Resume your regular medications the day after unless directed otherwise.
- Pressure headaches are common—Tylenol is safe to use.