



PRP HAIR RESTORATION PRE- AND POST CARE

Pre-Treatment Instructions: *The week before*

1. Avoid the following for at least 1 week prior to your procedure:
 - NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)—Tylenol is okay to use in its place
 - Certain nutritional supplements (Ginkgo, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients)
 - Systemic Steroids (prednisone, dexamethasone)
 - Alcohol and Cigarettes
2. Hydrate well the day before and the day of the procedure for ease of blood draw.

On the Treatment Day:

1. Blood is drawn and PRP is processed.
2. Laser Cap is worn for 20 minutes.
3. PRP is processed and mixed with vitamins.
4. PRP and nutrient mixture is injected into the treatment area using the Zimmer chiller for numbing.
5. The remaining PRP and/or PPP (platelet poor plasma) is dripped onto the scalp.
6. The PPP is then microneedled into the scalp.
7. A surgical cap is placed on head to cover treatment area.

Post- Treatment Instructions:

1. Do not wash the treated area for at least 8 hours post procedure. After this time, keep the area clean.
2. Do not touch, press or manipulate the injected area for at least 8 hours.
3. Expect mild inflammation/peeling, redness, swelling, scabbing, and/or bruising for a few days.
4. Avoid the following for at least 1 week:
 - NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)—Tylenol is okay to use in its place for pain
 - Certain nutritional supplements (Ginkgo, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients)
 - Systemic Steroids (prednisone, dexamethasone)
 - Alcohol and cigarettes
5. Eat healthy and hydrate very well (at least 64 ounces of water daily).
6. Wear Laser Cap for 20 minutes every other day for the next 6 weeks.