

PRP Treatment for Hair Loss Pre and Post Care Instructions

Treatment Overview:

PRP therapy for hair loss is a treatment where the healing cells in your own blood are concentrated (so you have a greater quantity of the cells that normally repair and regenerate damaged tissue), and injected into your scalp. This results in stimulation of hair growth and reduced hair loss.

Contraindications:

You should not receive PRP treatment if you have any of the following conditions:

- An impaired immune system due to immunosuppressive diseases, HIV, HTV, or immunosuppressive medications
- Skin conditions and diseases including: Facial/Scalp cancer, existing or uncured. This includes SCC, BCC and melanoma, systemic cancer, and chemotherapy.
- Accutane patients or patients who stopped Accutane less than 3 months ago.
- Dermatological diseases affecting the scalp, communicable diseases, blood disorders and platelet abnormalities.
- **Do not have PRP treatment if you are pregnant.**

Pre Treatment Instructions:

7 days before treatment:

- Discontinue all supplements which can thin the blood, such as: Vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids.
- If you are taking any blood thinning medications, please ask your provider if they can be stopped 3-4 days prior to your procedure. These medications include Plavix, Coumadin and Heparin.
- Avoid aspirin, Advil, Motrin, Iburprofen, Naproxen, Voltaren and other anti-inflammatory medications.
- You may use Tylenol (acetaminophen) as needed prior to the treatment.
- You can color your hair up to 7 days before the procedure.
- Prescription medications (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of and the day after your treatments.
- If you are taking broad beta-blockers such as Inderal (Propranolol), please inform your provider as this medication may need to be changed to a select beta-blocker in advance of the treatment.
- Avoid excessive sun or heat exposure.

3 days before treatment:

- Minimize or avoid alcohol consumption.
- If possible, refrain from or minimize smoking prior to your procedure as it impacts the healing process.

- You may continue other hair loss treatments such as laser treatment, minoxidil, or hormone blocking tablets before your procedure. If you are not sure if you should be stopping a medication, please ask.

Diet and Fluid Intake:

- Increase your intake of fluid the day before your procedure by simply drinking 2 glasses of water in the morning, 2 glasses at lunch, and 2 glasses at dinner, in addition to your normal intake of water.

Day of Procedure:

- Shower the morning of your treatment and wash your hair very thoroughly using your regular shampoo.
- Do not apply sprays, gels, or any other styling products to your hair.
- If you wear a hair system, please remove it prior to shampooing and do not wear it before your PRP treatments.
- Please eat a normal breakfast or lunch the day of your PRP session.
- Drink a bottle of water (500 mL) at least 2 hours before your session.

Immediately Following Treatment:

- It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following your treatment. If you experience any pain or discomfort you may take Tylenol, or other Acetaminophen-containing products as directed.
- You may have a bruise at the blood draw site.
- You may notice a tingling sensation while the cells are being activated.
- In rare cases, skin infection may occur, which is easily treated with an antibiotics. Please contact our clinic immediately if you notice unusual discomfort.
- Try to refrain from applying ice to the injected area as ice acts as an anti-inflammatory.
- Continue to avoid aspirin, Advil, Motrin, Iburprofen, Naproxen, Voltaren and other anti-inflammatory medications for 14 days after your procedure.
- Avoid vigorous exercise, sun and heat exposure for at least 2 days after your treatment.
- You can wash your hair the day after your treatment.
- For the first 3 days, use when you commence washing your hair, use shampoo that is pH balanced.
- You can resume hair products the day after your treatment.
- Avoid saunas, steam rooms, swimming for 7 days after your treatment.
- Avoid alcohol, caffeine, and smoking for 3 days after treatment. Smokers do not heal well and problems recur earlier and results may take longer.
- Avoid Minoxidil (Formula 82M, Rogaine®), hair coloring, and straightening for 3 days after your PRP treatment.
- Continue increased water intake during the first week after your treatment.

- Do not use blood thinning supplements such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids for at least one week after your treatment

Contact the Office Immediately if any of the Following Signs of Infection Occur:

- Drainage that looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 F or greater
- Severe pain that is unresponsive to over-the-counter pain relievers