



## **PRP Hair Rejuvenation Therapy**

### **Pre and Post Treatment Instructions**

#### **Pre-Treatment**

Please drink plenty of fluids and water the day before and the day of your procedure. If you are dehydrated it is much harder to draw your blood and you will not have as much plasma.

Avoid NSAIDS (Ibuprofen, Aleve, Naproxen, **Aspirin**) for 7-10 days prior to your procedure. It is okay to take Tylenol (Acetaminophen) prior to your procedure as this does not thin your blood and does not increase your risk of bruising.

Please stop any herbal supplements 7 days prior to your procedure (including St. John Wort, Garlic, Vitamin E).

Please notify your provider if you are taking Coumadin, Plavix or any other blood thinners.

Do not dye your hair for the 24 hours leading up to your treatment.

Please eat within 2 hours of your scheduled appointment and drink plenty of water.

#### **Post Treatment**

Immediately following the procedure, the areas treated may be tender to touch for up to 72 hours. There may be lumpiness and/or a feeling of "fullness" and can even hurt when you chew or smile too much.

If you experience discomfort, you can use ice or take Tylenol.

Avoid NSAIDS (Ibuprofen, Aleve, Naproxen, Aspirin) for 24 hours after your procedure.

It is fine to shampoo the hair the same day as your procedure. You are encouraged to take a hot shower and massage your scalp the night of your treatment. Do not dye your hair for 24 hours after treatment.

You may notice some bruising in the areas that were injected, this is normal and will resolve within 1-2 weeks.