



PRP (Platelet Rich Plasma) Pre and Post Care

Pre-Treatment Instructions

- It is recommended to **drink 1-2 liters of water prior to treatment** to be hydrated for blood draw
- Avoid alcohol or caffeine prior to blood draw treatment
- Avoid Ibuprofen, aspirin, and/or fish oil for 10 days (AT LEAST 7 days).
- Don't schedule before a big event
- Swelling for a few days, usually in 24 hours
- May be slightly tender to touch
- Optimum results 6 months out, results can last up to 2 years
- 1-3 injection treatments every 4-6 weeks

Pre-Treatment Instructions (Hair)

- 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 the day of your treatment
- Treatments are recommended every month for 3-6 months, followed by maintenance 2-4 times each year.
- You may continue other hair loss treatments such as laser treatment, minoxidil, or hormone blocking tablets before your procedure.
- It is ok to color your hair up to 7 days prior to the procedure.

Post-Treatment Instructions

- First 4 hours: **DO NOT wash face**
- NO ice except at injection point of entry
- DON'T rub the tissue
- Avoid Ibuprofen, aspirin, and/or fish oil for 10 days (AT LEAST 7 days); mainly don't want platelet inhibitors such as **aspirin, clopidogrel, prasugrel** and **ticagrelor**.
- For the first 3 days: nonallergic moisturizer/ sunblock with SPF 30 or higher may be applied
- After 48 hours: May reapply makeup
- At 5-7 days: resume active product use. The use of a nonchemical (or physical) sunblock with SPF 30+ or higher is advocated (after applying moisturizer) during the first post treatment week.
- 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.
- Avoid vigorous exercise, sun and heat exposure for at least 2 days after your treatment.

Post-Treatment Instructions (Hair)

- Do not wet your hair for at least 2 hours after your treatment.



- It is strongly recommended to take a hot shower to wash your hair the evening after the treatment to promote the effects of PRP.
- For the first 3 days, use shampoo that is pH balanced.
- Do not use any hair products for at least 6 hours after your treatment.
- Avoid saunas, steam rooms, swimming for 2 days after your treatment.
- Avoid alcohol, caffeine, and smoking for 3 days after treatment. Smokers do not heal well, and results may take longer.
- Avoid resuming Minoxidil, hair coloring and straightening for 3 days.

Warning

There may be some degree of swelling immediately post treatment.

*** Contact the office immediately for excessive swelling or any signs of infection. Signs of infection include:**

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Extreme itching

***Please note the extreme importance of our patients strictly following the pre and post care instructions above. These instructions are vital to helping you to achieve optimal results of this procedure, and most importantly to prevent and reduce the risk of potential complications.**