**PRP for Hair Restoration Pre and Post-Treatment Instructions**

**Treatment Overview:**

PRP therapy for hair loss is a treatment that involves withdrawing a patient’s own blood, processing it so that only the enriched cells (platelet-rich plasma) remain, and injecting it into the scalp. PRP contains essential proteins and growth factors that stimulate natural hair growth. Due to the natural variation in quality of platelet-rich plasma, results will vary between individuals. Most patients require multiple sessions to obtain desired outcomes. We recommend 1 treatment per month for 6 treatments for best results.

**Contraindications:**

You should not have PRP treatment done 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 cancer, existing or uncured. This includes Squamous Cell Carcinoma (SCC), Basal Cell Carcinoma (BCC), melanoma, systemic cancer or undergoing chemotherapy.
* Steroid therapy, dermatological diseases affecting the face, communicable diseases, blood disorders and platelet abnormalities, anticoagulation therapy (i.e. Warfarin).
* Do not have PRP treatment if you are pregnant.

**Pre-Treatment Instructions:**

1-2 days before treatment:

* If you are taking any blood thinners, please let your provider know immediately, as they may represent a contraindication to this treatment. These medications include Plavix, Coumadin, Xarelto, Eliquis, Pradaxa, Lovenox, and Heparin.
* Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications. We want inflammation to occur – as this is one mechanism by which PRP works.
* You may use Tylenol (acetaminophen) as needed prior to the treatment.
* 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.

Other considerations:

* 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 medication, please ask.
* It is okay to color your hair up to 7 days before the procedure.

**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 treatment and wash hair thoroughly using your regular shampoo.
* Do not apply sprays, gels, or any other styling products to your hair.
* Please eat a normal breakfast or lunch the day of your PRP session.
* Drink a bottle of water (500mL) 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 the 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 or reaction may occur, which is easily treated with an antibiotic or anti-inflammatory. Please contact our office immediately if you notice unusual discomfort.
* Try to refrain from applying ice to the injected area, as ice acts as an anti-inflammatory. Cold compresses can be applied to reduce swelling if required, but avoid if possible.
* Continue to avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days after your procedure. (if possible try for 7 days).
* Avoid vigorous exercise, sun and heat exposure for at least 2 days after your treatment. Light exercise is fine.
* Do not wet your hair for at least 3 hours after your treatment.
* Do not use any hair products for at least 6 hours after treatment.
* Avoid swimming for 2 days after treatment.
* Avoid alcohol 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.
* Continue increased water intake the first week after your treatment.

**Contact the office immediately if any of the following signs of infection occur:**

* Drainage – especially if it looks like pus.
* Increased warmth at or around the treated area.
* Fever of 101.5 or greater
* Severe pain that is unresponsive to over-the-counter pain relievers.

**Please contact us at 616-301-0808 if you have any questions or concerns.**