



POST CARE INSTRUCTIONS FOR PRP FOR HAIR REJUVENATION

1. 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.
2. You may notice a tingling sensation of the scalp while the cells are being activated.
3. Try to refrain from applying ice to the injected area as ice acts as an anti-inflammatory. Ice or cold compresses can be applied to reduce swelling if required.
4. Continue to avoid aspirin, Advil, Motrin, Iburprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days after your procedure (if possible try for 7 days).
5. Avoid vigorous exercise, sun and heat exposure for at least 2 days after your treatment. Avoid saunas, steam rooms, and swimming for 2 days after your treatment.
6. 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 your treatment. Avoid resuming Minoxidil (Formula 82M, Rogaine®), hair coloring, and straightening for 3 days.
7. Be sure to take a hot shower and wash your hair that evening, after the treatment, to promote the effects of PRP.
8. Avoid alcohol, caffeine, and smoking for 3 days after treatment. Smokers do not heal well and problems recur earlier and results may take longer.
9. Do not use blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids and least one week after your treatment
10. Contact the Office Immediately if any of the following occurs:
 - a. Drainage that looks like pus.

- b. Increased warmth at or around the treated area.
- c. Fever of 101.5 or greater
- d. Severe pain that is unresponsive to over-the-counter pain relievers
- e. In rare cases, skin infection or reaction may occur. Please contact our office immediately if you notice unusual discomfort.