



PRE CARE INSTRUCTIONS FOR PRP FOR HAIR REJUVENATION

PRP therapy for hair loss is a treatment that involves drawing 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 that stimulate natural hair growth. Due to the natural variation in quality of platelet-rich plasma, results will vary between individuals. Some patients may require multiple sessions to obtain desired outcomes.

1. Contraindications: You **should not** have PRP treatment done if you have any of the following conditions:
 - a. An impaired immune system due to immunosuppressive diseases such as HIV, HTV, or immunosuppressive medications.
 - b. Skin conditions and diseases including: Facial cancer, existing or uncured. This includes SCC, BCC and melanoma, systemic cancer, and chemotherapy.
 - c. Steroid therapy, dermatological diseases affecting the face (i.e. Porphyria), communicable diseases, blood disorders and platelet abnormalities, anticoagulation therapy (i.e. Warfarin).
 - d. **Do not** have PRP treatment if you are pregnant.
2. During the 7 days before your treatment, discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids, and multivitamins.
3. 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 and Heparin.
4. Avoid aspirin, Advil, Motrin, Iburprofen, 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.
5. If you are taking prescription medications for cardiovascular concerns, including blood pressure medications, beta-blockers, etc, please consult with your primary care physician prior to receiving PRP treatment for hair loss in case any of these medications need to be adjusted.

6. Avoid excessive sun or heat exposure 3 days before treatment.
7. Minimize or avoid alcohol consumption for one week prior to treatment.
8. If possible, refrain from or minimize smoking prior to your procedure as it impacts the healing process.
9. You may continue other hair loss treatments such as laser treatment, minoxidil, or hormone blocking tablets before your procedure.
10. It is ok to color your hair up to 7 days before the procedure.
11. 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.
12. Day of Procedure: Shower the morning of your treatment and wash your hair very thoroughly using your regular shampoo.
13. Do not apply sprays, gels, or any other styling products to your hair.
14. If you wear a hair system, please remove it prior to shampooing and do not wear it before your PRP treatments.
15. 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.