



## PRP PRE TREATMENT

### *7 days before treatment:*

• Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids, and multivitamins, a minimum of 7 days (preferably 14 days) prior to treatment. It is fine to continue iron and vitamin D. • 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. • 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. • 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. • If you are taking broad beta-blockers such as Inderal (Propranolol), please inform your provider as this medication may need to be changed to a select beta-blocker in advance of the treatment. • Avoid excessive sun or heat exposure. • It is ok to color your hair up to 7 days before the procedure.

### *3 days before treatment:*

• Minimize or avoid alcohol consumption. • 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 a medication, please ask.

### *1 Day before treatment:*

• Increase your intake of fluid 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 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. • If you wear a hair system, please remove it prior to shampooing and do not wear it before your PRP treatments. • 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.



## PRP AFTERCARE

### SCALP INJECTIONS

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 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.

**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 vigorous exercise, sun and heat exposure for at least 2 days after your treatment. Avoid alcohol, caffeine, and cigarettes for 3 days after treatment.

The main reason to refrain from washing your hair for **24 hours after the treatment is undertaken** is the risk of impacting your PRP treatment. We also advise patients not to exercise on the day of the PRP treatment. Like shampooing, exercise can also be resumed the day after your PRP injections. Avoid resuming Minoxidil (Formula 82M, Rogaine®), hair coloring, and straightening for 3 days.

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. 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. • Continue to avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days after your procedure. 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 inflammatory. Please contact our office immediately if you notice unusual discomfort.

#### **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 SCC, BCC and melanoma, systemic cancer, and chemotherapy.***
- ***Steroid therapy, dermatological diseases affecting the face (i.e. Porphyria), communicable diseases, blood disorders and platelet abnormalities, anti-coagulation therapy (i.e. Warfarin)***
- ***Do not have PRP treatment if you are pregnant or breast feeding.***



## PRP AFTERCARE

### FACIAL INJECTIONS OR IN CONJUNCTION WITH MICRONEEDLING

- *Some amount of redness and swelling is normal, but taking some time off strenuous tasks is recommended.*
- *You can go back to your daily activities right after the procedure. However, if your job involves exposure to polluting elements or harmful chemicals and fumes, you may want to take a few days off.*
- *Typically, swimming pool water contains harmful chemicals so you may want to avoid it.*
- *Saunas and steam baths can expose your skin to excessive heat. When showering, opt for warm water for a few days.*
- *Make sure to apply sunscreen when outdoors.*
- *Refrain from washing your face for 4 to 24 hours after the procedure. It is best that you don't disturb the skin while the healing takes place. If you absolutely must wash your skin, use a mild cleanser. Avoid rubbing or pulling.*
- *Refrain from ablative lasers, peels, or any other procedures that involve harsh chemicals and excessive rubbing for 4 weeks.*

***\*Please contact our office during clinic hours at 425-998-9227 or after hours at 360-339-8438 should you have any cause for concern related to a recent procedure.***