



## **PRP Scalp Pre and Post-Treatment**

- If you are taking any blood thinners, please let the doctor know immediately, as they may represent a contra-indication to this treatment. These medications include Plavix, Coumadin, and Heparin.
- You may use Tylenol (acetaminophen) as needed prior to the treatment.
- If you are taking broad beta-blockers such as Inderal (Propranolol), please contact the doctor as this medication may need to be changed to a select beta-blocker in advance of the treatment.
- If possible, please refrain from, or minimize, smoking three days prior to and one day after the treatment. Smoking may impact healing and oxygen delivery to the scalp, therefore, your results may be improved the longer you are able to stop smoking before and after 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.
- Minimize alcoholic consumption the day prior to your PRP treatment.

### **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 on the day of your PRP session.
- Drink a bottle of water (500 mL) at least 2 hours before your session.
- It is strongly recommended to take a hot shower to wash your hair that evening, after the treatment, to promote the effects of PRP

### **Immediately Following Treatment:**

- It is normal to experience bruising, redness, itching, swelling, and/or soreness that may last from 2-to 5 days following your 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 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. Ice or cold compresses can be applied to reduce swelling if required.
- Avoid vigorous exercise, sun, and heat exposure for at least 2 days after your treatment.
- Do not wet your hair for at least 3 hours after your treatment.
- For the first 3 days, use a shampoo that is pH balanced.
- Do not use any hair products for at least 6 hours after your treatment
- **Be sure to take a hot shower and wash your hair that evening, after the treatment, to promote the effects of the PRP**
- Avoid saunas, steam rooms, and swimming for 2 days after your treatment.
- Avoid alcohol, caffeine, and smoking for 3 days after treatment. Smokers do not heal well and have problems.
- Continue to increase water intake the first week after your treatment.
- Do not use blood-thinning agents such as vitamin E, vitamin A, Ginkgo, Garlic, Flax, Cod Liver Oil, or Essential Fatty Acids, until at least one week after your treatment.

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

- Drainage- 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

**Tonight: Start with the topical treatment on the scalp.**

Apply the combination treatment in the AM and PM over the whole scalp

Please return for your follow-up appointment



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