

PRP HAIR GROWTH

POST-TREATMENT

DATE: _____

PRACTITIONER: _____

FOLLOW-UP: _____

It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following your procedure. Tylenol or other Acetaminophen-containing products can be taken for pain but non-steroidal, anti-inflammatories as well as ice should be avoided. Inflammation supports follicular growth.

Increase your water intake the first week after treatment.

Adding supplements or foods high in Omega3, as well as taking Biotin (8mg once daily) and Vitamin D3 (5000 IU daily) can enhance your results.

You can wash your hair 24 hours after your treatment, and if you were using or want to incorporate Minoxidil (Formula 82M, Rogaine®) you can after three days post treatment.

AVOID:

- Touching treated area(s) for at least 8 hours.
- Non-steroidal and anti-inflammatories: Advil, Aleve, Aspirin*, Ibuprofen, Motrin, Naprosyn, Vitamin A, Vitamin E, Gingko Biloba, Garlic, Flax Oil, Cod Liver, Essential Fatty Acids (EPA, DHA) for 2 weeks.
- Topical anti-inflammatory treatments including ice for 2 weeks.
- Alcohol, caffeine, and cigarettes for 3 days.
- Hair coloring or straightening for 3 days.
- Vigorous exercise, sun and heat exposure, including saunas, steam rooms and swimming pools for at least 2 days.

***ASPIRIN THAT HAS BEEN ORDERED BY A PHYSICIAN FOR CARDIAC HEALTH SHOULD NOT BE STOPPED.**

FOR BEST RESULTS FOLLOW POST CARE GUIDELINES