

**PRP HAIR RESTORATION PRE- AND POST CARE**

**Pre-Treatment Instructions:**

- Avoid the following for at least 1 week prior to your procedure:
  - NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)—Tylenol is allowed.
  - Certain nutritional supplements (Arnica, Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin, and other anti-inflammatory nutrients)
  - Systemic Steroids (prednisone, dexamethasone)
  - Alcohol and Cigarettes
- Hydrate well the day before and the day of the procedure for ease of blood draw.

**On the Treatment Day:**

- Blood is drawn and PRP is processed.
- If the laser cap was not worn by the patient within the past 24 hours, then the laser cap will be applied for 20 minutes.
- The PRP is injected into the treatment area using the Zimmer chiller for topical numbing.
- The remaining PPP (platelet poor plasma) is massaged onto the scalp and then microneedled in.
- A surgical cap is placed on the head to cover treatment area.

**Post- Treatment Instructions:**

- Mild bruising and irritation may occur. Apply ice to the area if needed.
- Avoid the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) for 5 days after the procedure (Tylenol is OK for pain relief – do not exceed 4000mg in a 24-hour period).
- Avoid the following nutritional supplements for 5 days after the procedure - Gingko Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin, and other anti-inflammatory nutrients.
- Avoid oral corticosteroids for 2 weeks after the procedure.
- Avoid alcohol and cigarettes for 5 days after the procedure.
- Eat a healthy diet and hydrate very well – at least 64 ounces of clean fresh water.
- Avoid washing hair until the next day.
- Avoid tight hats for 3-4 days.
- Keep scalp clean, meaning do not swim in a lake or allow pets to sleep with the patient for at least 1 week.
- Use Laser Cap every other day for 20 minutes.
- Use 82M 20-30 drops twice a day starting the following day.
- Use the 82S Shampoo 2-3 times a week.