



PRE-TREATMENT INSTRUCTIONS FOR RMD SCALP PROCEDURE

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

THE DAY OF THE PROCEDURE

1. Blood is drawn and PRP is processed.
2. Laser Cap is worn for 20 minutes.
3. Topical anesthetic is applied to the treatment area for 20-30 minutes and numbing solution is injected as a ring block.
4. PRP is processed and mixed with B vitamins.
5. PRP and nutrient mixture is injected into the treatment area.
6. Treatment area is stimulated with Rejuvapen™ (a micro needling device).
7. The remaining PRP and/or PPP (platelet poor plasma) is dripped onto the scalp.
8. A surgical cap is placed on head to cover treatment area.

POST-TREATMENT INSTRUCTIONS FOR BEST RESULTS

1. Do not wash the treated area for at least 8 hours post procedure. After this time, keep the area clean.
2. Do not touch, press or manipulate the injected area for at least 8 hours.
3. Expect mild inflammation/peeling, redness, swelling, scabbing and/or bruising for a few days.
4. Avoid the following for at least 1 week:
 - NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)—Tylenol is okay to use in its place for pain
 - Certain nutritional supplements (Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients)
 - Systemic Steroids (prednisone, dexamethasone)
 - Alcohol and cigarettes
5. Eat healthy and hydrate very well (at least 64 ounces of water daily).
6. Wear Laser Cap for 20 minutes every other day for the next 6 weeks.