

## PRP/PRF for Hair Loss Pre and Post Treatment Instructions

### Pre-Treatment Instructions:

- **Do Not Take ASPIRIN** (Anacin, Bufferin, or Baby Aspirin) or **IBUPROFEN** (Advil, Motrin, or Nuprin), or **NAPROXEN** (Aleve) or other Non-Steroidal Anti-Inflammatory Drugs (NSAIDS) similar to these medications, for **TEN (10) days before procedure**. **Vitamin E, Fish Oils** These substances impair platelet function in the normal clotting process and thus promote bleeding and bruising. It is permissible to take acetaminophen (Tylenol or Anacin-3).
- **Provide your body with adequate hydration** for 72 hours prior to procedure. This increases the quantity of available PRP for your treatment.
- **Do Not Drink Alcohol for Two (2) days prior to Procedure**, this may cause excessive bleeding, decreased resistance to infection. Please avoid red wine for four (4) days before surgery in order to minimize bruising.
- **Diet before Procedure:** You should have a light meal before arriving at the office and avoid caffeine.

### Post-Treatment Instructions:

- **Do Not** wash your hair or use direct shower pressure to scalp for 24 hours.
- **After 24 hours you may gently** wash your hair for the first 72 hours.
- **Do Not** touch the injection sites for 3 days.
- **Do Not** wear hats, headbands, or ponytails for 3 days.
- **Do Not** swim or undertake any strenuous exercise for 3 days.
- **Do Not** expose yourself to long periods of the sun.
- **Do Not** expose yourself to extreme hot or cold temperatures or to large swings in temperature for 3 days.

### Potential side Effects:

In some very rare cases, slight side effects may occur: redness, local swelling, edema, local pain. These should not last more than a few hours or up to a few days. These are normal treatment consequences. Nevertheless, immediately contact your treating physician for a professional opinion about side effects. According to your specific skin reactions, additional injection sessions may be recommended to give you the desired final result. This should be discussed with your physician.

There are always general risks concerning the technique, methods, and material to which you will be exposed, even after precise injections made by highly skilled physicians. In case of local infection, antibiotics may be prescribed. There is a rare, but possible risk of clotting at the injection site which can lead to necrosis, skin loss, and/or pain.

If you have any concerns or questions regarding your treatment, contact our office at 919-401-1994.