

PRP Hair Restoration



Before

Arrive with clean skin and hair.

Avoid using a lot of product on your skin, hair and treatment area.

Let us know of any medication or supplements that may thin the blood.

Avoid medications or supplements that cause bleeding 10 days before and 10 days after treatment.(Advil, Apririn, Fish Oil, Green Tea)

If you're on a blood thinner discuss with your doctor whether you can safely stop them. Do not stop without your Doctor's approval.

Avoid smoking 3 days before treatment.

Avoid alcohol for 2 days before treatment.

Drink plenty of water before your appointment.



After

Avoid vigorous exercise for 2 days after treatment.

Avoid hot tubs, steam rooms and hot showers for 2 days after treatment.

Reduce alcohol, nicotine, sun exposure and caffeine to promote healing.

If PRP was done with microneedling, follow discharge instructions for microneedling.