



Hair PRF/PRP Pre and Post Treatment Instructions

Please note: Please come to the clinic well hydrated and make sure you eat prior to your appointment.

Before your treatment:

- Please wash your hair the night/morning before your appointment with shampoo.
 - Avoid conditioner and other hair products.
- Avoid dying/chemically treating the hair for 1 week prior to your treatment.
- Please avoid all anti-inflammatories and blood thinning medications/supplements for 1 week before and after your procedure (***if you require these for a medical condition, please contact your doctor to confirm if it is safe to stop them prior to your treatment***). These include but are not limited to:
 - ASA, Motrin, Advil, NSAIDS, Aleve, curcumin, turmeric, ginseng, omega 3's/fish oil, ginger, garlic, vitamin E
 - These can affect both the quality of the blood and blunt the inflammatory response (which is what we want to stimulate with PRF).
- Please come to the clinic well hydrated and eat prior to your appointment.
- Contraindications (patients who are not candidates) to treatment include:
 - Pregnancy and breastfeeding
 - Blood thinners or bleeding disorders
 - Patients on immunosuppressive therapy
 - Patients with active metastatic cancer

After your treatment:

- It is normal to experience mild soreness and itching in your scalp, this will improve over the course of the day.
- Please avoid touching your hair until the next day.
- You can wash your hair the following day.
- Avoid strenuous exercise, ice packs, heat, saunas for 1 day following the procedure.
- You can resume your normal hair care-routine in 48 hours.
- If you use a derma roller on your own scalp, please refrain from doing so during our PRF treatments as this can introduce an additional source of infection (often home products are not properly sterilized).

Please remember to book 3-4 treatments every 4-6 weeks apart for the best results. If you are in maintenance mode, you may require a treatment every 6-12 months to maintain your results.

If you have any questions or concerns following your treatment, please contact the office.

We would love to hear about your recent visit. Your feedback is incredibly valuable as we strive to provide our clients with the best medical care. Please share your positive experience on Google.