

Before your PRP (Platelet Rich Plasma) Scalp treatment:

Have a consultation first to see if you are a candidate. Please inform us if you have any medical conditions and/or allergies or if you bleed easily or have difficulty stopping the blood flow after you have an injury. Please let us know if you are taking any medication for blood thinning especially Coumadin, Warfarin, Ticlid, Plavix. Your PCP approval is necessary to stop them 1 week prior. Alka-Seltzer, Anacin, Ascriptin, Empirin, Excedrin, Fiorinal, Darvon, Percodan, Ibuprofen, Advil, Motrin, Naprosyn, Voltaren, Celebrex, Garlic, and Ginkgo Biloba. Aspirin, NSAIDs, St. John's Wort, high doses of Vitamin E, and heavy alcohol use should be avoided the week prior.

Be well hydrated. Limit coffee intake. Drink plenty of water the day before. And we recommend drinking 3 glasses of water right before the start of the procedure.

Eat a light snack or meal prior to coming in. Arrive with clean hair.

After having PRP (Plate Rich Plasma)

These reactions are normal and expected:

- 1) Swelling
- 2) A little redness and irritation
- 3) Tightness/pressure sensation
- 4) A little bruising

Do not exercise for 24 hours. Do not wash your hair for at least 3 hours after your appointment. No swimming for the next 2 days.

Do not be exposed to excessive heat, steam or sunlight for the next 2 days

Do not use hair dye for at least 48 hours.
If using Minoxidil, do not use for 24 hours.