



Before and After Instructions for PRP Platelet Rich Plasma

How to prepare for your treatment?

Drink plenty of water and maintain a healthy diet prior to the treatment. Avoid aspirin and NSAIDs for 7 days and Vitamin E and fish-oil tablets for 3 days prior to your treatment as they can increase bruising. If you are taking blood thinning medications (eg. Warfarin, Pradaxa or Xarelto), understand that you may have bruising.

Patients who take a regular "hair" vitamin supplement report better results from PRP treatment (Nutrafol or other supplements can be found on the internet, Amazon, etc.).

What to expect:

A topical numbing cream will be applied. The nurse will draw a sample of your blood (like a normal blood test), to be processed, separating the PRP from the remaining blood components. The scalp or skin is then sterilized with alcohol and/or chlorohexadine wipes. Cold air is then blown on the area just before injection for your comfort. Small amounts of PRP are injected into multiple areas under the scalp to stimulate hair re-growth or under the skin (face, under-eyes, neck, body). Our team will hold gauze on a few areas that may have point bleeding. A film of plasma is applied after treatment for your comfort. The injection takes minutes, but we reserve an hour for the entire process.

After Care:

Continue your normal day. Only avoid vigorous exercise. You may rinse your scalp before bedtime. Rinsing your face before bedtime is optional. The next morning, you may shampoo your hair and continue your usual skin care routine.

Follow-up:

Call, text and email us if you have any issues after the procedure. Although this is a very safe procedure, we are available to you and will confirm that you have our direct cell phone contact number before you leave. Continue daily vitamins, and make an appointment in 4 months for a hair follow-up or PRP procedure.

Patient Sig X _____ Date: _____

Printed: _____

Witness: _____

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