



Platelet Rich Plasma (PRP) Pre and Post-Treatment Instructions

Congratulations on completing your PRP Procedure! It is not necessary to make many changes in your plans today - do whatever you wish with the exception of avoiding aspirin, Advil, and alcohol. It is quite normal to experience some mild soreness and rarely swelling; not all individuals experience this, but it can occur. Let us know if you have concerns and need our help.

DO NOT touch, press, rub or manipulate the treated area(s) for at least 8 hours after your treatment.

AVOID Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, (all non-steroidal anti-inflammatory agents), Vitamin A, Vitamin E, Gingko Biloba, Garlic, Flax Oil, Cod Liver, Essential Fatty Acids (EPA, DHA), for at least 1 week prior to and 2 weeks after your treatment. Remember, our goal is to create inflammation. These listed medications will limit or prevent inflammation, which can diminish your results.

If you must take Aspirin for cardiac reasons, you certainly may do so, but this may limit your results. It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following your procedure. If you experience any pain or discomfort you may take Tylenol or other Acetaminophen-containing products as directed.

We would prefer if you could refrain from applying ice to the injected area as ice acts as an anti-inflammatory.

DO NOT wet your hair for at least 3 hours after your treatment.

For the first 3 days, use shampoo that is pH balanced. We recommend using Viviscal Pro shampoo and revivogen shampoo and spray. Others include:

- Burt's Bees Baby Bee Shampoo and Wash
- Tea Tree Shampoo (any brand)

DO NOT use any hair products for at least 6 hours after your treatment.

AVOID saunas, steam rooms, swimming for 2 days after your treatment.

AVOID heavy exercise the day of your treatment. You may resume your exercise regimen the following day.

AVOID sun and heat exposure for at least 2 days after your treatment.

AVOID alcohol, caffeine, and cigarettes for 3 days after treatment. Smokers do not heal well and problems recur earlier and results may take longer.

AVOID resuming Minoxidil (Formula 82M, Rogaine®) or hair coloring or straightening for 3 days.

Continue increased water intake the first week after your treatment.

Please do not hesitate to call our office at **281-362-0014** should you have any questions or concerns regarding your PRP treatment or aftercare.