



**Warrenton Dermatology
& Skin Therapy Center**

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PRP for Hair Restoration Post-Treatment Instructions

- 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. Our goal is to create inflammation, and the 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 pain or discomfort, you may take Tylenol or other Acetaminophen products, as directed.
- Please 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 treatment.
- For the first 3 days, use shampoo that is pH balanced.
- Do not use any hair products for at least 6 hours after treatment.
- Avoid saunas, steam rooms, and swimming for 2 days after your treatment.
- Avoid vigorous exercise, sun, and heat exposure for at least 2 days after treatment.
- Avoid alcohol, caffeine, and cigarettes for 3 days after treatment. Smokers do not heal well, problems recur earlier, and results may take longer.
- Avoid resuming Minoxidil (Formula 82M, Rogaine®), and hair coloring or straightening for 3 days.
- Continue increased water intake at least 1 week after treatment.
- Do not hesitate to call our office should you have any questions or concerns regarding your PRP treatment or after care.

By signing below, I am indicating that I understand and will follow these post-treatment instructions.

Patient's Signature _____ Date _____