



Hair PRP

PRE+POST CARE INSTRUCTIONS

PRE-TREATMENT CARE:

- The week before the procedure, avoid ibuprofen, aspirin, and NSAIDs. Stop taking ANY blood thinners, anticoagulants, herbs, supplements, or vitamins that thin the blood.
 - Drink plenty of water, eat nutritious meals.
 - If you're taking broad beta-blockers like Inderal (Propranolol), consult your doctor as this may need to be switched to a selective beta-blocker before the treatment.
 - Avoid or limit smoking for three days before and one day after treatment. Smoking can affect healing and oxygen delivery to the scalp, and your results may improve with longer periods of not smoking.
 - Continue taking any prescribed medications, including heart or blood pressure meds, as usual, both before and after the treatment.
 - Try to reduce alcohol intake the day before your PRP treatment.
 - Shower the morning of your treatment and wash your hair very thoroughly using your regular shampoo. Do not apply sprays, gels, or any other styling products to your hair. If you wear a hair system, please remove it prior to shampooing and do not wear it before your PRP treatments.
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POST-TREATMENT CARE:

- Avoid intense exercise, sun exposure, and heat for at least 2 days post-treatment.
- Do not wet your hair for at least 3 hours after the procedure.
- Avoid applying any hair products for at least 6 hours after treatment.
- Steer clear of saunas, steam rooms, and swimming for 2 days following your procedure.
- Use a pH-balanced shampoo for the first 3 days.
- Wait 3 days before using Minoxidil (Formula 82M, Rogaine®), or before coloring or straightening your hair.
- Drink plenty of water during the first week after your treatment.
- Refrain from alcohol, caffeine, and smoking for 3 days, as smoking can delay healing and affect results.
- For the first 8 hours, avoid touching, pressing, or rubbing the treated area.
- Do not use ice on the treated area, as inflammation is part of the healing process.
- Tylenol or Acetaminophen can be taken as directed for any discomfort.
- Please avoid Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, Vitamin A, Vitamin E, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, and Essential Fatty Acids (EPA, DHA) for at least 1 week before and 2 weeks after the treatment, as these reduce necessary inflammation.
- Bruising, redness, itching, swelling, or soreness are normal for 2-5 days post-treatment.
- If you have any concerns or questions about your PRP treatment or aftercare, contact our office.

IT IS IMPORTANT TO FOLLOW THE SPECIFIC PRE+POST INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE INSTRUCTIONS, BE SURE TO CONTACT US FOR MORE GUIDANCE.

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