



Lindsey Pennington, MD
F A C I A L P L A S T I C S

PRP Hair Post Care 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.

Immediately following procedure your scalp may feel sore and tender, use cold compressions to alleviate these symptoms, but be gentle. Please go straight home and massage scalp in warm shower. Feel free to massage scalp over the next couple of days to help even the distribution of the PRP mixture.

SHAMPOOING

- Please shampoo your hair tomorrow morning with any shampoo you wish

HAIR COLORING

- It is fine to color your hair three days after the procedure

HATS

- Wearing a hat today is fine if you wish to. In fact, please limit sun on the area for 2 days.

SUPPLEMENTS

- Do not use blood thinning agents such as vitamin E, vitamin A, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids and least one week after your treatment

FOODS & CAFFEINE

- Avoid alcohol, cigarettes for the next three days.

SMOKING

- Avoid smoking for three days (if possible) – we find it makes a big difference to healing.

MEDICATIONS

· Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen and other anti-inflammatory medications for 3 days after your procedure (if possible try for 7 days). We want inflammation to occur!

Please Contact Us Immediately (318-216-5366) if You Experience:

- Fever and/or chills
- If the area appears red, hot to the touch, and "angry" looking.
- Severe pain or increasing pain
- Discolored blotches in areas not injected or blanching of injected areas