

Pre and Post Care Instructions Platelet Rich Plasma (PRP) Hair Injections

Before your treatment:

- Alcohol 24 hours before your appointment.
- Avoid anti-inflammatory/blood thinning agents, if possible, for a period of 2 weeks before your appointment. Medications and supplements that should be avoided are aspirin, ibuprofen, Motrin, Aleve, Excedrin, any other NSAIDS, along with Fish oil supplements and vitamin E. These have a blood thinning effect and can increase the risk of bruising and swelling after injections. Tylenol is ok to take, as it does not have these effects on your blood.
- Reschedule your appointment at least 24 hours in advance if you have a cold, flu, infection, rash or cold sore in the area.

After your treatment:

- Immediately following procedure your scalp may feel sore and tender, use cold compressions to alleviate these symptoms, but be gentle.
- Feel free to massage scalp over the next couple of days to help even the distribution of the PRP.
- It is normal to experience some mild soreness, your scalp may feel "tight" or stinging, and rarely you may get swelling.
- Headache is the most common side effect. You can take Tylenol as needed.
- 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!
- Do not use any topical products on scalp, such as Rogaine for 48 hours following your treatment.
- Do not lie down for 4 hours.
- Do not swim or do strenuous activities for 24 hours after your injection.
- Try to avoid long periods of bending over such as tying shoelaces or doing yoga.

- **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.
- **FOODS & CAFFEINE** - Avoid alcohol and cigarettes for the next three days. Avoid smoking for three days (if possible) – we find it makes a big difference to healing.

Please Contact Us Immediately 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
- Facial swelling
- Change in vision
- During office hours please call the office at 318-216-5366
- **Our after-hours EMERGENCY number is 318-455-7261**, you must call this number. This number DOES NOT accept texts after business hours.