

# PRP INJECTIONS FOR HAIR

## Treatment Instructions

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### PRP INJECTIONS FOR HAIR PRE TREATMENT INSTRUCTIONS

#### TWO WEEKS BEFORE INJECTIONS

- **Foods and Medications to Avoid.** Two weeks before your appointment try to avoid nuts, seeds, fish, fish oil, NSAIDs, supplements, and anything that prolongs bleeding. This will significantly help minimize bruising, bleeding, and swelling.
- **Arnica Supplements.** You can start Arnica supplements a week prior to injection to help with post injection bruises. Arnica helps to speed up the fading away of bruises.
- **Medications and Supplements.** Talk to your primary care doctor or physician specialist. If you are on blood thinners, you may need to stop these a few days to weeks prior to your treatment. Speak to your prescribing physician regarding safety of stopping and restarting these medications. We do not recommend patients that are on life saving medications stop their medications in order to have any cosmetic procedures performed.
- **Hair Care Prior to Treatment.** You may continue any hair loss treatments up until day of treatment including Minoxidil (Rogaine®) and hormone blocking medications. Hair can be colored or highlighted up to 7 days prior to treatment date.

#### DAY OF INJECTIONS

- **Eat and drink before your treatment.** It is not uncommon for patients to “pass-out” or get lightheaded during their injection. Having a good blood sugar and being hydrated will make it less likely that you will feel queasy during your treatment.
- **Minimize hair gels, hair sprays or other topical hair products day of procedure.** Please avoid hair gel, hair sprays, spray hair colors or other topical hair products day of treatment. Wash your hair the day of your treatment.
- **20 – 30 minutes of topical numbing recommended.** We recommend numbing cream application prior to dermal injections. The numbing cream needs 20 – 30 minutes to exert its full effect. Please come 30 minutes prior to your appointment time.
- **Reserve your next appointment.** Most of our physicians book out months in advance. We always recommend that you schedule your next appointment before leaving. PRP injection treatments are recommended every 4-6 weeks.

## PRP INJECTIONS FOR HAIR POST TREATMENT INSTRUCTIONS

*After PRP injections it is normal to experience bruising, redness, itching, swelling and/or soreness that may last 2-5 days. The scalp may feel tight and stiff immediately after injections. You may notice a tingling sensation while the hair follicles are being activated. DO NOT touch, rub, press or manipulate the treated area(s) for at least 8 hours after treatment.*

- **Hydrate.** For the first week after your treatment make sure to drink lots of water and stay hydrated to promote healing.
- **No Icing.** Refrain from applying ice to injected areas. Cold compresses can be applied to reduce swelling if required.
- **Tylenol, NOT Ibuprofen for pain.** If you experience any pain or discomfort you may take Tylenol or acetaminophen. Continue to avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for a week after your procedure.
- **Avoid Strenuous Exercise, Heat, Sun and Swimming Pools.** Vigorous exercise, sun and heat can aggravate swelling and bruising after PRP injections. For 48 hours avoid heavy exercise, excessive sun exposure, saunas, steam rooms and hot tubs. No swimming pools for 2 days.
- **Avoid Alcohol, Caffeine, and Smoking.** For 3 days post PRP injections avoid alcohol, caffeine, and nicotine. Smoking and alcohol delay healing and increase risk of complications.
- **Continue [Foods and Medications to Avoid](#) Instructions for 1 week after treatment.**

### HAIR CARE POST TREATMENT

1. **Avoid Wetting Treated Areas.** You may wash your hair the day after your treatment.
2. **Use a pH Balanced Shampoo.** For first 3 days after your treatment be sure to use only pH-balanced shampoos.
3. **Avoid Hair Products Day of Treatment.** Do not use any hair products for at least 6 hours after your PRP injections
4. **Wait 3 days to resume certain topical products.** You can resume Minoxidil (Formula 82M, Rogaine®), hair coloring, and straightening for 3 days after your PRP treatment.

### WHEN TO CONTACT US

- Drainage that appears like pus.
- Increased warmth at or around the treated area.
- Fever of 101.5 or greater.
- Severe pain that is unresponsive to over-the-counter pain relievers.