



THE NADERI CENTER
PLASTIC SURGERY & DERMATOLOGY

PRP Injections for Hair

Platelet-Rich Plasma for Hair Loss · Treatment Instructions

Having more than one treatment? Follow the more cautious instruction. Always follow The Naderi Center's instructions rather than advice from friends, family, or online research.

TWO WEEKS BEFORE YOUR INJECTIONS

THE NADERI ANTI-BLEEDING, ANTI-BRUIISING DIET

Start 2 weeks before your injections.

What you eat and take makes a big difference in how much you bleed and bruise. Most people think, "I eat healthy, so I'm fine," but healthy foods are often the ones that cause bleeding: **nuts, seeds, fish, fish oil, vitamin D, NSAID pain medications such as ibuprofen, and supplements, especially herbal supplements.** Many other ingredients in today's foods, drinks, vitamins, and supplements do the same. **Scan the code for the full list.**

Fresh pineapple, including the center core, and pineapple juice are fine before and after, and they help. Start Arnica and bromelain supplements after your injections, not before.



Full list

- **Medications and supplements.** Talk to your primary care doctor or specialist. If you are on blood thinners, you may need to stop them a few days to weeks before your treatment. Speak to your prescribing physician about the safety of stopping and restarting these medications. We do not recommend that patients on life-saving medications stop them in order to have any cosmetic procedure.
- **Hair care.** You may continue hair loss treatments, including minoxidil (Rogaine®) and hormone-blocking medications, up to the day of treatment. Hair can be colored or highlighted up to 7 days before.

DAY OF YOUR INJECTIONS

- **Eat and drink before your treatment.** It is not uncommon for patients to pass out or feel lightheaded during injections. Good blood sugar and hydration make it less likely that you will feel queasy during your treatment.
- **Dress comfortably, cool, and in layers.** Wear something you can take off if you get warm. Patients who feel too warm are more likely to feel lightheaded or faint during injections.
- **Shower and wash your hair the morning of your treatment.** To lower the chance of infection, take a good shower and wash your hair thoroughly with shampoo. After that, skip hair products: no hair gel, hair spray, spray-on hair color, or other topical hair products.
- **Topical numbing: 20–30 minutes.** We recommend numbing cream before injections. It needs a good 20–30 minutes to take full effect. Please arrive 30 minutes before your appointment time.
- **A series of 3 to 6 sessions, then maintenance.** Most patients need 3 to 6 PRP sessions, spaced 4–6 weeks apart, followed by maintenance treatments a couple of times a year to keep the result.
- **Reserve your next appointment.** Our physicians often book out months in advance, so we always recommend scheduling your next appointment before you leave.

AFTER YOUR INJECTIONS

After PRP injections it is normal to have bruising, redness, itching, swelling, or soreness for 2–5 days. The scalp may feel tight and stiff right afterward, and you may notice tingling while the hair follicles are activated. **Do not touch, rub, press, or manipulate the treated areas for at least 8 hours.**

- **Hydrate.** Drink plenty of water for the first week to promote healing.
- **Arnica and bromelain.** Start Arnica and bromelain supplements after your injections, not before. They help bruising and swelling fade faster.
- **No ice.** Do not apply ice to the injected areas. Cold compresses can be used to reduce swelling if needed.
- **Tylenol, not ibuprofen, for pain.** Take Tylenol (acetaminophen) for pain or discomfort. Continue to avoid aspirin, Advil, Motrin, ibuprofen, naproxen, Voltaren, and other anti-inflammatory medications for a week after your treatment.
- **Avoid strenuous exercise, heat, sun, and pools.** Vigorous exercise, sun, and heat can aggravate swelling and bruising. For 48 hours avoid heavy exercise, excessive sun, saunas, steam rooms, and hot tubs. No swimming pools for 2 days.
- **Avoid alcohol, caffeine, and nicotine for 3 days.** Smoking and alcohol delay healing and increase the risk of complications.

HAIR CARE AFTER TREATMENT

- **Wash your hair the next day.** Avoid wetting the treated areas on the day of treatment.
- **Use a pH-balanced shampoo** for the first 3 days.
- **No hair products** for at least 6 hours after your injections.
- **Wait 3 days** to resume minoxidil (Formula 82M, Rogaine®), hair coloring, and straightening.

If you are ever unsure, our team is always available. Take a few clear, well-lit photos and email them to Staff@NaderiCenter.com. For anything more urgent, please call the office so we get your message quickly.

CALL US RIGHT AWAY IF YOU HAVE

- Severe pain that does not respond to Tylenol
- Fever over 101°F
- Rapidly increasing or severe swelling
- Worsening pain not improving with medication
- Increasing redness, warmth, pus, or concerning drainage
- Rash, severe itching, or blisters (possible medication reaction)

CALL 911 IMMEDIATELY FOR

- Chest pain
- Shortness of breath
- Excessive bleeding

REACH US

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