THE NADERI CENTER

PLASTIC SURGERY & DERMATOLOGY

PRP / PRF Injections

Platelet-Rich Plasma and Platelet-Rich Fibrin · 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-BRUISING DIET

Full list

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.

- **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.

- **If you are treating hair loss.** 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. If your scalp is being treated, skip hair products after that: no hair gel, hair spray, spray-on hair color, or other topical hair products.
- **Arrive 30 minutes early.** Everyone should arrive 30 minutes before the appointment time, because we draw your blood and process your PRP or PRF before your treatment.
- **Topical numbing.** For the face, we use numbing cream, which needs 20–30 minutes to take full effect. **Scalp treatments are done without numbing cream,** because there is no good way to numb through the hair.
- **How many sessions. PRP for hair loss:** most patients need 3 to 6 sessions, spaced 4–6 weeks apart, followed by maintenance treatments a couple of times a year to keep the result. **PRF:** we usually do 2 sessions, 6 to 8 weeks apart.
- **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 or PRF injections, bruising, redness, itching, swelling, or soreness for 2–5 days is normal. If your scalp was treated, it may feel tight, stiff and tingly at first. **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.

IF YOUR SCALP WAS TREATED

- **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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