

DR. NAOMI SIMON
 Mooresville Dermatology Center
(704)235-1827

HAIR RESTORATION: POST TREATMENT

Immediately following the treatment it is common to experience some bruising, redness, swelling, itching, tenderness, tingling, numbness, lumps and/or feeling of pressure/fullness at the injections sites or surrounding areas.

Please read the following instructions and discuss any questions or concerns with your provider:

- Cold gel or ice packs may be applied immediately after treatment to reduce swelling. Do not allow the cold packs to come directly into contact with the skin. Do not leave the cold packs on the treated area for longer than 15min intervals.
- Avoid touching or scrubbing the injection sites for 12h following treatment.
- To minimize bruising and optimize results: avoid use of Aspirin, Advil, Motrin, Ibuprofen, Naproxen and Voltaren for 5 days following treatment.
- Tylenol may be used for any discomfort.
- Begin using hair foam and taking vitamins 24h following treatment
- Avoid alcohol consumption and smoking for a minimum of 72h following treatment. This will improve healing and prevent complications.
- Exercise may be resumed 24h following treatment.
- Hair may be washed 24h following treatment with patient preferred products.
- Avoid styling products for (gel, hair spray, mousse) for next 24h.
- Hair may be colored 72h after the treatment.
- Wearing a hat is permitted immediately following treatment. Sun exposure on the area should be limited for next 48h.
- Avoid Vit E, Vit A, Omega 3, Fish Oil, FlaxSeed oil, Turmeric, St John's Wort, Evening Primrose oil, Black Cohosh, Cod liver oil, Niacin and Garlic for 7 days following the treatment.