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HAIR RESTORATION: PRE-TREATMENT

PRP therapy for hair restoration is a safe treatment due to using the patient's own blood. There is no chance of rejection using autologous products that are free of preservatives. The primary risks and discomfort are related to the blood draw with possible bruising at the collection site.

PRP hair restoration is completed in a series of 3 treatments scheduled 4 weeks apart. We request that all of your appointments be scheduled with your provider prior to your first treatment.

Please read the following instructions and discuss any questions or concerns with your provider prior to treatment.

- The following products increase bleeding risk: Ibuprofen, Motrin, Advil, Aspirin, 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. Discontinue use of any of these products **1 week prior to treatment (if medically cleared by PCP)**. Please notify your provider if you are taking Warfarin, Coumadin Lovenox or Heparin. Any additional questions concerning supplements, prescriptions or pain relievers please contact the office for clearance.
- Arrive with clean hair free of products such as hair sprays, gels or dry shampoo.
- Do not use any color treatment on the hair 72h prior to treatment.
- Avoid strenuous exercise **one day** prior to treatment.
- Increase your fluid intake 24h prior to treatment (suggest 2 glasses of water at breakfast, lunch and dinner).
- Eat a normal breakfast and/or lunch prior to treatment.
- Avoid alcohol consumption and cigarettes **72h prior to treatment**. Smoking negatively impacts the healing process.

- All over the counter anti-inflammatory products are discouraged 7 days prior to treatment. Inflammation is needed following treatment for the PRP to be effective. Tylenol may be used for discomfort.
- You must notify your physician if you have any bleeding or blood clotting disorders.
- No active skin diseases present in the treatment area such as shingles or psoriasis.
- No recent surgery (within 3 months) to the treated area.