



## PRP Hair Rejuvenation Therapy

### PRECARE INSTRUCTIONS

TO PREPARE FOR THE BLOOD DRAW ASSOCIATED WITH PRP THERAPY:

- PRP Therapy is very safe because cells from the patient's own blood are used, which means there are no preservatives and no chance of the body rejecting the cells. The primary risks and discomforts are related to the blood draw where there is a slight pinch to insert the needle for collection and there is a potential for bruising at the site.
- For optimal results and to decrease the chance of bruising at the draw site, please avoid all blood thinning medications and herbal supplements such as St. John's Wort, garlic, vitamin E, and fish oil for 1 week prior to your appointment. Avoid taking Aspirin and non-steroidal anti-inflammatory medications (NSAIDS) such as Ibuprofen, Motrin and Aleve. In addition, very high doses of some Vitamins and supplements can thin your blood and increase the chance of bruising. Please notify your provider if you are taking Coumadin, Plavix, or any other blood thinners for a medical condition. If another doctor has placed you on any of these blood thinners, **DO NOT** stop them without checking with them first.

***Please eat within 2 hours of your scheduled appointment and drink plenty of water.***

### POST CARE FOR INJECTED PRP

- What to Expect After Treatment: Immediately following the procedure, the most commonly reported temporary side effects are redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s). Cold gel packs/ice may be gently applied immediately after treatment to reduce swelling.
- To Avoid Bruising: Avoid alcohol consumption for a minimum of 6 hours and refrain from taking blood thinners such as Aspirin and NSAIDS for 24 hours. Tylenol is recommended if needed for discomfort.
- Take a hot shower and shampoo the scalp gently.
- Apply ice/cold compresses to reduce inflammation.
- Do not use any topical preparations on the scalp for 24 hours.
- Do not color hair for 48 hours.
- Do not exercise for 48 hours.

**Inform office immediately of any concerns. 985-727-7701**

### Timing of Injections

- Initial Injections: Schedule monthly for 3 to 4 months
- Maintenance injections: Schedule in 3 to 6 month intervals

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