



## Platelet Rich Plasma Injections Patient instructions

### Treatment Overview:

PRP therapy for hair loss or facial rejuvenation is a treatment that involves withdrawing a patient's own blood, processing it so that only the enriched cells (platelet-rich plasma) remain, and injecting it into the scalp, brows, face or being used with a microneedling device. PRP contains essential proteins that stimulate natural hair growth, collagen, and elastic fibers for a more youthful look. Due to the natural variation in quality of platelet-rich plasma, results will vary between individuals. Some patients may require multiple sessions to obtain desired outcomes.

Contraindications: You should not have PRP treatment done if you have any of the following conditions:

- An impaired immune system due to immunosuppressive diseases, HIV, HTV, or immunosuppressive medications
- Skin conditions and diseases including: Facial cancer, existing or uncured. This includes SCC, BCC and melanoma, systemic cancer, and chemotherapy.
- Steroid therapy, dermatological diseases affecting the face (i.e. Porphyria), communicable diseases, blood disorders and platelet abnormalities, anticoagulation therapy (i.e. Warfarin)
- Do not have PRP treatment if you are pregnant.

### Pre Treatment Instructions:

7 days before treatment:

Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids, and multivitamins, a minimum of 7 days (preferably 14 days) prior to treatment. It is fine to continue iron and vitamin D.

- If you are taking any blood thinners, please let your provider know immediately, as they may represent a contraindication to this treatment. These medications include Plavix, Coumadin and Heparin.
- Avoid aspirin, Advil, Motrin, Iburprofen, Naproxen, Voltaren and other anti-inflammatory medications. We want inflammation to occur – as this is one mechanism by which PRP works.
- You may use Tylenol (acetaminophen) as needed prior to the treatment.

- Prescription medications (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of and the day after your treatments.
- If you are taking broad beta-blockers such as Inderal (Propranolol), please inform your provider as this medication may need to be changed to a select beta-blocker in advance of the treatment.
- Avoid excessive sun or heat exposure.

3 days before treatment:

- Minimize or avoid alcohol consumption.
- If possible, refrain from or minimize smoking prior to your procedure as it impacts the healing process.
- You may continue other hair loss treatments such as laser treatment, minoxidil, or hormone blocking tablets before your procedure. If you are not sure if you should be stopping a medication, please ask.
- It is ok to color your hair up to 7 days before the procedure.

Diet and Fluid Intake:

- Increase your intake of fluid the day before your procedure by simply drinking 2 glasses of water in the morning, 2 glasses at lunch, and 2 glasses at dinner, in addition to your normal intake of water.

Day of Procedure:

- Shower the morning of your treatment and wash your hair very thoroughly using your regular shampoo.
- Do not apply sprays, gels, or any other styling products to your hair.
- If you wear a hair system, please remove it prior to shampooing and do not wear it before your PRP treatments.
- Please eat a normal breakfast or lunch the day of your PRP session.
- Drink a bottle of water (500 mL) at least 2 hours before your session.

Post treatment Instructions

- It is strongly recommended to take a warm shower to wash your hair that evening, after the treatment, to promote the effects of PRP. Immediately Following Treatment:
- It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following your treatment. If you experience any pain or discomfort you may take Tylenol or other Acetaminophen-containing products as directed.
- You may have a bruise at the blood draw site.
- You may notice a tingling sensation while the cells are being activated.
- In rare cases, skin infection or reaction may occur, which is easily treated with an antibiotic or inflammatory. Please contact our office immediately if you notice unusual discomfort.
- Try to refrain from applying ice to the injected area as ice acts as an anti-inflammatory. Ice or cold compresses can be applied to reduce swelling if required.

- Continue to avoid aspirin, Advil, Motrin, Iburprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days after your procedure (if possible try for 7 days).
- Avoid vigorous exercise, sun and heat exposure for at least 2 days after your treatment.
- Do not wet your hair for at least 3 hours after your treatment.
- For the first 3 days, use shampoo that is pH balanced.
- Do not use any hair products for at least 6 hours after your treatment.
- Be sure to take a hot shower and wash your hair that evening, after the treatment, to promote the effects of PRP.
- Avoid saunas, steam rooms, swimming for 2 days after your treatment.
- Avoid alcohol, caffeine, and smoking for 3 days after treatment. Smokers do not heal well and problems recur earlier and results may take longer.
- Avoid resuming Minoxidil (Formula 82M, Rogaine<sup>®</sup>), hair coloring, and straightening for 3 days.
- Continue increased water intake the first week after your treatment.
- Do not use blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids and least one week after your treatment

Contact the Office Immediately if any of the Following Signs of Infection Occur:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater
- Severe pain that is unresponsive to over-the-counter pain relievers

About 1 out of 20 patients will experience a post-injection flare due to your immune system being hyper-stimulated. This may cause significant pain and swelling and typically resolves in just a few days. If needed due to swelling or intense pain you may apply ice to the injection site / joint for 20 minutes every 2-3 hours. You might also need to take pain medication such as Tylenol, Tramadol or Vicodin. Please call the office if this occurs. 205-415-7536