



Post Care Instructions

For PRP

Follow this guideline AFTER your treatment

SHAMPOOING

Please shampoo your hair tomorrow morning with any shampoo you wish

HAIR COLORING

It is fine to color your hair three days after the procedure.

HATS

Wearing a hat today is fine if you wish to. In fact, please limit sun exposure on the area for 2 days.

SUPPLEMENTS

Do not use blood thinning agents such as vitamin E , vitamin A , Ginkgo , Garlic , Flax, Cod Liver Oil , Essential Fatty Acids at least one week after your treatment.

FOODS & CAFFEINE

Avoid alcohol for the next three days after treatment.

SMOKING

Avoid smoking for three days (if possible)-we find it makes a big difference to healing.

MEDICATIONS

Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days after your procedure (if possible 7 days). We want inflammation to occur!

For any further questions or clarifications, you may reach us via the following:

Phone: 905-660--3030

Email: hello@oceanaholistic.com

Website: www.oceanaholistic.com