



## **Hair PRP Removal Pre/Post Care**

### **Pre-Care Tips To Follow For Your Hair PRP Appointment:**

*Follow this guideline BEFORE each treatment*

- Avoid smoking, substance use, drinking alcohol and caffeine at least 3 days before your treatment (this includes the treatment day as well). These agents are known to decrease the volume of PRP available in the bloodstream, and also decrease stem cell quantity along with the stem cells ability to properly function.
- If the treatment area includes hair and/or body, remember to bathe either the night before or (ideally) the morning of your treatment.
- Stop blood thinning medications such as Advil, Ibuprofen, Aspirin etc.. at least two days before treatment.
- Ensure you have a full meal before your treatment. Proper nourishment allows for a better experience.
- This is recommended, NOT required: foods high in Folate/Vitamin B9 are great for newly injected platelets to have a stronger effect.
- Drink at least sixteen ounces of water before treatment is performed. Drinking water allows proper blood flow and effortless blood drawing during your treatment.

### **Post-Care Instructions:**

*Follow this guideline AFTER each treatment*

#### **SHAMPOOING**

You may shampoo your hair the following morning after your treatment with any shampoo you wish.

#### **HAIR COLOURING**

You may colour your hair three days after the treatment.

#### **HATS/WIGS/HEADSCARVES**



Wearing hats/wigs/headscarves are allowed. In fact, please limit sun exposure to the area for 2 days.

### **SUPPLEMENTS**

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

### **ALCOHOL & CAFFEINE**

Avoid alcohol and caffeine for the next three days after treatment. It is recommended to resume alcohol consumption 3 days after each treatment at minimum. This is due to alcohol affecting stem cell quantity and compromising the body's ability to heal. Caffeine should also be avoided.

### **SMOKING**

Avoid smoking for three days as smoking affects the body's ability to heal.

### **MEDICATIONS**

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

Please ensure this guideline is carefully followed for optimal results. For any questions or uncertainties, please do not hesitate to contact our office for immediate assistance.

Thank you and we look forward to seeing you!

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