



Pre and Post PRP Hair Loss Treatment Instructions

Treatment Overview: PRP therapy for hair loss is a treatment that involves withdrawing a patients' own blood, processing it so that only the enriched cells (platelet-rich plasma, PRP) remain, and injecting it into the scalp. PRP contains essential proteins that stimulate natural hair growth. Due to natural variation in quality of PRP, results will vary between individuals. Some patients may require multiple sessions to obtain desired outcomes.

Pre-Treatment

- AVOID participating in strenuous exercises for **24 to 48 hours prior to the procedure.**
- Increase your fluid intake **24 hours before PRP treatment.**
- Shampoo your hair the morning or day **before** PRP treatment. Make sure to come to appointment with a clean scalp.
- Discontinue all blood thinning agents. It is also recommended to stop multivitamin intake at least **7 days prior to procedure.**
- AVOID cigarettes and alcohol for at least **3 days prior to PRP treatment.**
- **On day of treatment, AVOID using sprays, gels, or any other styling products on your hair.**

Post-Treatment

- Immediately after the procedure your scalp may feel sore and tender.
- It is **strongly recommended** to take a hot shower to wash your hair the evening after your PRP treatment, to promote the effects of PRP.
- It is recommended to take a hot shower and gently massage your scalp when you get home.
- AVOID heavy exercise **immediately after the treatment.** Resume your workout routine 24 hours **after** hours.
- AVOID hair coloring for **1 to 2 weeks after the treatment.**
- AVOID all blood thinning medicine and supplements for **1 to 2 weeks after the treatment.**
- AVOID cigarettes and alcohol for **1 week after the treatment.**

If you have any questions, please contact **Tina Johnson, R.N. at (903)-814-7760.**

PATIENT INITIALS: _____

Page 1 of 1

Tina Johnson, R.N. | (903) 814-7760



PATIENT COPY-PLEASE KEEP FOR YOUR RECORDS

Pre and Post PRP Hair Loss Treatment Instructions

Treatment Overview: PRP therapy for hair loss is a treatment that involves withdrawing a patients' own blood, processing it so that only the enriched cells (platelet-rich plasma, PRP) remain, and injecting it into the scalp. PRP contains essential proteins that stimulate natural hair growth. Due to natural variation in quality of PRP, results will vary between individuals. Some patients may require multiple sessions to obtain desired outcomes.

Pre-Treatment

- AVOID participating in strenuous exercises for **24 to 48 hours prior to the procedure.**
- Increase your fluid intake **24 hours before PRP treatment.**
- Shampoo your hair the morning or day **before** PRP treatment. Make sure to come to appointment with a clean scalp.
- Discontinue all blood thinning agents. It is also recommended to stop multivitamin intake at least **7 days prior to procedure.**
- AVOID cigarettes and alcohol for at least **3 days prior to PRP treatment.**
- **On day of treatment, AVOID using sprays, gels, or any other styling products on your hair.**

Post-Treatment

- Immediately after the procedure your scalp may feel sore and tender.
- It is **strongly recommended** to take a hot shower to wash your hair the evening after your PRP treatment, to promote the effects of PRP.
- It is recommended to take a hot shower and gently massage your scalp when you get home.
- AVOID heavy exercise **immediately after the treatment.** Resume your workout routine 24 hours **after** hours.
- AVOID hair coloring for **1 to 2 weeks after the treatment.**
- AVOID all blood thinning medicine and supplements for **1 to 2 weeks after the treatment.**
- AVOID cigarettes and alcohol for **1 week after the treatment.**

If you have any questions, please contact **Tina Johnson, R.N. at (903) 814-7760**