



## Pre and Post Treatment Instructions

### Hair Restoration

For your safety and in order to obtain optimum results, the instructions below should be followed

- How to prepare for your PRP Treatment:
  - o Please increase your intake of water starting the day before your procedure. It is important to be well hydrated, as you will be giving blood.
  - o Please eat a normal breakfast or lunch the day of your PRP session.
  - o Avoid dyeing your hair 72 hours prior to your appointment.
  - o Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen and other anti-inflammatory medications for 3-7 days before and after your procedure. The goal is for inflammation to occur, as this is one mechanism by which PRP works. You may take Tylenol for any pain or discomfort you may have.
  - o It is recommended that you start Viviscal Pro twice a day prior to your procedure.
    - ◆ Research suggest utilizing a variety of mechanisms to increase hair growth. Topical products like minoxidil (Rogaine) or combination minoxidil/finasteride, some prescription medications or oral supplements like Viviscal Pro can help in a variety of ways. We recommend multiple modalities to achieve noticeable results.
- What to expect after your PRP Treatment:
  - o It is not necessary to make many changes in your plans today; resume daily activities, with the exception of avoiding aspirin, Advil or other anti-inflammatories.
  - o A temporary headache and/or temporary hair loss in the existing hair may occur.
  - o There may be bruising, redness, or swelling near the injection areas for up to 4 days. Cold compresses can be applied to reduce swelling, if desired.
  - o You may resume washing your hair the very next day, but please refrain from hair dye for 3 days following the procedure. Avoid sulfate and silicone in your hair styling products as this can worsen already thinning hair.
  - o You can check the list of ingredients to make sure that "Silicone" or "dimethicone" or "PDMS" or "dimethiconol" (all names for silicone) are not listed. You can search online as well for sulfate-free and silicone-free lines.
- Subsequent treatments are based upon your clinician's recommendation and are typically 4 weeks apart. The results of this treatment can last up to 2 years, but each individual's results vary. Research documenting the longevity of results is currently ongoing. Maintenance treatments are recommended every 6-12 months.

**I have read and understand the above. I have had the opportunity to ask any questions and I have received a copy of these instructions.**

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**Patient Signature**

\_\_\_\_\_  
**Witness Signature**

\_\_\_\_\_  
**Date**