

## **Platelet-Rich-Plasma (PRP) Hair Restoration Treatment** **Pre & Post Care Instructions**

**Platelet-Rich-Plasma (PRP) Treatment Overview:** PRP therapy for hair restoration is a non-invasive treatment that involves withdrawing the patient's own blood, processing it by centrifuge to have only the enriched cells remain. Afterwards, the enriched platelets are then injected into the scalp. PRP injections in the scalp stimulate the bulb cells at the base of each individual hair follicle, thereby improving the microcirculation in the surrounding area. As a result, the hair's vitality, colour and overall brightness of the hair will be enhanced. Hair loss is slowed and hair growth is activated.

Due to the natural variation in the quality of platelet-rich plasma obtained, results will vary between individuals. Some patients may require multiple sessions to obtain desired outcomes. Following the pre-care and post-care instructions will increase your likelihood of obtaining the most optimal results from PRP Hair Restoration Therapy.

**You aren't an ideal candidate for PRP treatment if you have any of the following:**

- Compromised immune system from immunosuppressive diseases, HIV, HTV, or immunosuppressive medications.
- Skin conditions & diseases: Facial cancer, pre-existing or uncured. This includes SCC, BCC, melanoma, systemic cancer, chemotherapy.
- Steroid therapy, dermatological diseases affecting the face (i.e. Porphyria), communicable diseases, blood disorders & platelet abnormalities, anticoagulation therapy (i.e. Warfarin).
- Pregnant or breastfeeding.
- Alcohol overuse

**NutraFol Growth Partner:** Nutrafol pioneered the science of hair wellness and is the first to address thinning hair through whole-body wellness by multi-targeting key imbalances in the body. With triple-verified product research and many awards to its name, Nutrafol was formulated to promote hair growth for all types of hair. Purchase Nutrafol products with a discounted shipping cost by using our partner link here:

<https://growthpartner.nutrafol.com/pages/LMCLaser>

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**10168 YONGE STREET, #203 | RICHMOND HILL, ONTARIO L4C 1T6 |**



**416.548.6548 | LASERMEDICALCLINIC.COM**

**TEXT OR CALL US: (647) 560-8333**

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### **PRP Hair Restoration Pre Care Instructions**

#### One Week (7 Days) Prior to Treatment:

##### **Medications & Herbal Drugs**

- **Our goal is to create inflammation.** If you're taking blood thinners: please let your provider know ASAP, as they may be a contraindication to treatment. Medications include Plavix, Heparin.
  - No blood-thinning agents such as Vitamin E, Vitamin A, Ginkgo, Flax, Garlic, Cod liver oil, Essential Fatty Acids at least one week before your treatment
- No Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) such as Advil, Motrin, Ibuprofen, Naproxen and Voltaren at least one week before your treatment.
- Tylenol (acetaminophen) is OK, as needed, prior to treatment.
- Prescription drugs (including heart & blood pressure medication): continue taking as prescribed right up to, including the day of & the day after your treatment.

#### Seventy-Two Hours (3 Days) Prior to treatment:

##### **Lifestyle**

- **No Alcohol** at least 72 hours before your treatment. Alcohol thins the blood and can impact the quality of platelets obtained.
- **Smoking:** AVOID or minimize **3 days** prior to treatment. Smoking impacts overall healing & oxygen delivery to the scalp. Your results may be improved the longer you're able to stop smoking before and after treatment.
- **Other Hair Loss Treatments:** laser treatment, minoxidil, or hormone blocking tablets are **OK** to continue before your treatment. If unsure if you should be stopping a medication, please ask.
- **Hair Colour:** It's **OK** to color your hair up to **7 days** before the treatment.
- **Diet & Fluid Intake:** Increase fluid intake the day prior to procedure & day of the procedure to ensure you are hydrated for the blood draw. Increase

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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 Treatment:

- **Hair Styling:** Showers 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.
- **Diet & Fluid Intake:** 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.
- Sedation is NOT required for PRP treatments.

### **PRP Hair Restoration Post Care Instructions:**

The below after-care instructions are based on the intention of avoiding blood-thinning mechanisms, as doing so may enhance inflammatory processes. The inflammatory response is part of the treatment process.

### Immediately After Treatment:

#### **Medications & Herbal Drugs**

- For pain/discomfort, you may take **Tylenol** or other Acetaminophen-containing products as directed.
  - You may notice a tingling sensation while the cells are being activated.
- 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, Ibuprofen, Naproxen, Voltaren & other anti-inflammatory medications for at least **one week** after your treatment.

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- Continue to AVOID blood-thinning agents: vitamin E, vitamin A, Ginkgo, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids at least **one week** after your treatment.

### **Lifestyle:**

- No alcohol for at least **72 hours** after treatment.
- **Hair Styling:** AVOID hair products for at least **48 hours** after treatment. Do not wet your hair for at least **24 hours** after treatment. You may wear a hat immediately after your PRP treatment. For the first **3 days**, use pH-balanced shampoo.
- **Hair Colour:** You may have your hair colored **7 days** AFTER treatment
- AVOID vigorous exercise, sun & heat exposure for at least **2 days** after treatment.
- AVOID saunas, steam rooms, hot yoga, swimming for **2 days** after treatment.
- AVOID alcohol, caffeine, and smoking for **3 days** after treatment. Smokers don't heal well & problems recur earlier. Results may take longer.
- AVOID resuming Minoxidil (Formula 82M, Rogaine®), hair coloring, and hair straightening for **3 days** after treatment.
- **Diet & Fluid Intake:** Add avocado, nuts, fish such as tuna/salmon/sea bass, and olive oil to your diet (Omega 3 fatty acids). Continue increased water intake the **first week** after your treatment.
- You'll start noticing increased hair growth in 6-8 weeks and maximal results from the treatment will be seen in 3-8 months.

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### **June 2023 - Additional lifestyle modifications to consider**

To enhance the results of PRP therapy, you can also consider adding the following treatments to your regimen:

- Mesotherapy
- LED Hair Therapy

### **Herbal Preparations that have the most evidence for treating hair loss:**

- Curcuma aeruginosa (pink and blue ginger)
- Serenoa repens (palmetto)
- Cucurbita pepo (pumpkin)
- Trifolium pratense (red clover)
- Panax ginseng (Chinese red ginseng).

Source: Zgonc Škulj, A., Poljšak, N., Kočevar Glavač, N., & Kreft, S. (2020). Herbal preparations for the treatment of hair loss. *Archives of dermatological research*, 312, 395-406.

### **REACH OUT TO US IF YOU HAVE ANY QUESTIONS!**

Our social media is updated regularly with before and after photos, client testimonials and educational resources! And yes, we follow back.



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