



## **Platelet-Rich Plasma for Hair Loss**

Platelet-Rich Plasma (PRP) therapy is used in hair restoration for natural looking results. With a thin needle, your own PRP is injected into the scalp. Then the growth factors in your blood cells do their job and hair growth is naturally stimulated.

### **Post Treatment Care**

1. Please do not touch, press, rub or manipulate the treated area(s) for at least 8 hours after your treatment.
2. Do not take Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, (all non-steroidal anti-inflammatory agents), Vitamin A, Vitamin E, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver, Essential Fatty Acids (EPA, DHA), for at least 1 week prior to and 2 weeks after your treatment. Remember, our goal is to create inflammation. These listed medications will limit or prevent inflammation, which can diminish your results. If you must take Aspirin for cardiac reasons, you certainly may do so, but this may limit your results.
3. It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following your procedure.
4. If you experience any pain or discomfort you may take Tylenol or other Acetaminophen-containing products as directed.
5. Refrain from applying ice to the injected area as ice acts as an anti-inflammatory.
6. Do not wet your hair for at least 3 hours after your treatment. For the first 3 days, use shampoo that is pH balanced. We recommend using Burt's Bees Baby Bee Shampoo and Wash or Tea Tree Shampoo (any brand).
7. Do not use any hair products for at least 6 hours after your treatment.
8. Avoid saunas, steam rooms, swimming for 2 days after your treatment.
9. Avoid vigorous exercise, sun and heat exposure for at least 2 days after your treatment.
10. Avoid alcohol, caffeine, and cigarettes for 3 days after treatment.
11. Smokers do not heal well and problems recur earlier and results may take longer.
12. Avoid resuming Minoxidil (Formula 82M, Rogaine®) or hair coloring or straightening for 3 days.
13. Continue increased water intake the first week after your treatment.
14. Call your provider directly at the OVME studio if you have any questions or concerns.