



Pre-Operative Care for PRP Hair Loss Treatment

Follow these tips as you prepare for the procedure:

- Exercise: Avoid indulging in strenuous exercises 24 to 48 hours prior to the procedure. You can perform your routine tasks, though
- Increase your fluid intake 24 hours before the **PRP** therapy
- Fasting is not a pre-requisite for **PRP** procedure. Follow your routine diet plan even on the day before surgery
- Shampoo your hair the morning of or day before **PRP** session. Make sure you come with a clean scalp
- Discontinue all blood thinning agents. It is also recommended to stop multivitamin intake at least a week before the procedure.
- Avoid cigarettes and alcohol for at least three days prior to the PRP therapy

Post-Operative Care for PRP Hair Loss Treatment

Once you are done with the procedure, follow these instructions:

- Immediately after the procedure your scalp may feel sore and tender
- It is recommended to take a hot shower and gently massage your scalp when you get home
- Avoid heavy exercise immediately after the procedure. Resume your workout routine after 24 hours
- Avoid hair coloring and for 1-2 weeks after the procedure
- Avoid all blood thinning medicine and supplements for a week or two post-procedure
- Cigarettes and Alcohol should remain not used for a week after procedure. Studies have shown that nicotine impacts the healing process and hair growth

**If you have any questions or concerns after your treatment
We can be reached at 586.286.0997**