

Patient Instructions: PRF & PRP Hair Restoration

This treatment uses the regenerative power of your own blood to stimulate hair follicle activity. Because the quality of your results depends on the quality of your platelets, please follow these guidelines closely to ensure the most effective outcome.

One Week Before Treatment

The goal of this week is to ensure your platelets are "active" and ready to work.

- **Medication Adjustment:** Do not take any anti-inflammatory medications (NSAIDs), including **Ibuprofen, Advil, Motrin, Aleve, or Aspirin**. These medications inhibit the growth factors we are trying to harvest. If you require pain management, Acetaminophen (Tylenol) is safe to use.
- **Supplement Review:** Please pause the use of herbal supplements that increase bruising, specifically **Fish Oil (Omega-3s), Vitamin E, Garlic, Ginseng, and Ginkgo Biloba**.
- **Nutrition:** Maintain a balanced diet and avoid high-fat or greasy meals for 24 hours before your draw, as this can affect the clarity of your plasma.

48 Hours Before Treatment

- **Hydration:** This is the most important step for a successful blood draw. Increase your water intake to at least **2 liters per day**. This increases the volume of plasma we are able to collect.
- **Alcohol:** Avoid alcohol consumption for at least 48 hours, as it dehydrates the tissue and increases the risk of localized bruising and swelling.

Day of Your Appointment

- **Scalp Preparation:** Please arrive with clean hair, washed either the night before or the morning of your visit. It is vital that the scalp is free of **dry shampoo, hairspray, or hair fibers** (such as Toppik) to maintain a sterile environment.

- **Breakfast/Lunch:** Do not arrive on an empty stomach. Eat a substantial meal before your appointment to prevent lightheadedness during the blood draw.
- **Clothing:** We recommend wearing a button-down or zip-up shirt so you do not have to pull clothing over your scalp after the procedure.

Post-Procedure Care (The First 72 Hours)

Your scalp will contain a "fibrin scaffold" that releases growth factors over the next several days. To protect this process:

1. **Washing:** Wait at least **24 hours** before washing your hair. When you do, use a gentle, sulfate-free shampoo and avoid vigorous scrubbing.
2. **Activity:** Avoid strenuous exercise, saunas, and steam rooms for **48 hours**. Increased heart rate and sweating can interfere with the PRF placement.
3. **Inflammation:** Do not use ice packs on your scalp and continue to avoid anti-inflammatory meds (Advil/Aleve) for **3 to 5 days**. The mild swelling you may feel is a necessary part of the healing response.
4. **Coloring/Chemicals:** Please wait at least **7 days** before any chemical hair treatments or coloring.

Results & Maintenance

Hair restoration is a gradual process. You will typically notice a decrease in hair shedding within the first two months, with visible improvements in density appearing between **3 to 6 months**. For optimal results, a series of 3 to 4 sessions is standard, followed by maintenance visits every 6 to 12 months.