

Platelet Rich Plasma (PRP) Post-Treatment Instructions

Please carefully read and follow these instructions after your PRP treatment. There are minimal restrictions after your PRP injections allowing you to return to your daily activities almost immediately.

DO NOT touch, press, rub or manipulate the treated area(s) for at least **8 hours** after your treatment.

AVOID 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.

It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from **2-5 days** following your procedure. If you experience any pain or discomfort you may take Tylenol or other Acetaminophen-containing products as directed.

We would prefer if you could refrain from applying ice to the injected area as ice acts as an anti-inflammatory.

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 Dr. Yaker's TCHR Glycolic Volumizing Shampoo and Conditioner products. Others include:

- Burt's Bees Baby Bee Shampoo and Wash
- Tea Tree Shampoo (any brand)

Do not use any hair products for at least **6 hours** after your treatment.

AVOID saunas, steam rooms, swimming for **2 days** after your treatment.

AVOID vigorous exercise, sun and heat exposure for at least **2 days** after your treatment.

AVOID alcohol, caffeine, and cigarettes for **3 days** after treatment. Smokers do not heal well and problems recur earlier and results may take longer.

AVOID resuming Minoxidil (Formula 82M, Rogaine®) or hair coloring or straightening for **3 days**.

Continue increased water intake the **first week** after your treatment.

Please do not hesitate to call our office should you have any questions or concerns regarding your PRP treatment or aftercare.