

# HAIR PRP PRE-CARE

**Procedure:** PRP Hair  
**Pain Level:** 6/10

**Treatment Time:** 60 Min  
**Downtime:** None

**Contraindications:** You should not have PRP treatment done if you have any of the following conditions: • An impaired immune system due to immunosuppressive diseases, HIV, HTV, or immunosuppressive medications • Skin conditions and diseases including: Facial cancer, existing or uncured. This includes SCC, BCC and melanoma, systemic cancer, and chemotherapy. • Steroid therapy, dermatological diseases affecting the face (i.e. Porphyria), communicable diseases, blood disorders and platelet abnormalities, anticoagulation therapy (i.e. Warfarin) • Do not have PRP treatment if you are pregnant.

## **Pre Treatment Instructions:**

**3 days before treatment:** • Minimize or avoid alcohol consumption. • If possible, refrain from or minimize smoking prior to your procedure as it impacts the healing process. • You may continue other hair loss treatments such as laser treatment, minoxidil, or hormone blocking tablets before your procedure. If you are not sure if you should be stopping a medication, please ask. • It is ok to color your hair up to 7 days before the procedure. Please see reverse side of page Diet and Fluid Intake: • Increase your 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 Procedure:** • Shower 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. • 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.