

PRP (Platelet-Rich Plasma) Hair Rejuvenation Post-Care Instructions

These pre-and post-care instructions are intended to guide you through the treatment process and get you on your way to natural hair rejuvenation!

POST CARE:

- It is quite normal to experience some mild soreness and rarely swelling. Not all individuals experience this, but it can occur.
- In 3 days your scalp will be healed and redness and tenderness will fade.

SHAMPOOING & HAIR PRODUCTS:

- Avoid shampooing your scalp for 12 to 18 hours after your treatment to allow for complete absorption.
- The next day, shampoo your scalp gently. Avoid vigorous rubbing.
- Refrain from using any hair products (such as hair sprays, gels, hair pastes, dry shampoo etc.) until after your first PRP post-treatment wash.

SUN EXPOSURE:

- Avoid exposing your scalp to direct sunlight for at least 3 to 4 weeks.
- Do not go outside during peak hours – between 10 am and 4 pm – and if necessary, wear a wide brimmed hat.

MEDICATIONS:

- Mild soreness and tenderness on the first night are common. You may take Tylenol to manage discomfort.
- Avoid aspirin, ibuprofen, and other blood thinners, as they may interfere with the healing process.

ACTIVITY:

- Allow your body to recover by avoiding strenuous exercise for the first 24 hours.
- You can resume normal activities 2 days post-treatment.

FOR OPTIMAL RESULTS:

- A series of PRP treatments is recommended for best outcomes. Your provider will guide you on the ideal treatment schedule and what treatment plan is best for you and your individual needs.
- We recommend pairing your treatments with the supplement Nutrafol, which supports healthy hair growth from within.

Call the clinic you were treated at with any questions or concerns post-treatment.

REFINE THE TRUE YOU

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