



PRE AND POST TREATMENT INSTRUCTIONS

PRP HAIR AGAIN

PRE-TREATMENT

- ❖ When booking your PRP Hair Again appointment (Hair Again), please keep in mind that you will need to limit washing, coloring, and styling of your hair for 24 hours before and after your treatment.
- ❖ To minimize the likelihood of bleeding and bruising from the injections, discontinue the use of blood thinning medications and supplements as follows: Fish Oil, CoQ10, Vitamin E, Turmeric, Aspirin, and St John's Wort for 2 weeks before and 1 week after treatment; NSAIDS (Advil, Ibuprofen, Motrin, Aleve, etc) for 3 days before and 1 week after treatment; and avoid drinking alcohol the night before and the day of your treatment. Do not discontinue any prescribed medications or supplements without first consulting your physician.
- ❖ Avoid direct sun exposure to the area for at least 2 weeks before and after each treatment. Wear a hat and/or use minimum 50SPF sunblock whenever going outside during this time frame.
- ❖ A series of 4 initial treatments performed 30 days apart is required to achieve optimal results and it can take up to 6 months after your 4th/final treatment for complete results to develop. Please make sure you can comply with this treatment plan before you begin. Once desired results are achieved, maintenance treatments are needed to maintain long term results. Your maintenance plan will be determined by Dr Francis based on your individual needs.

TREATMENT DAY

- ❖ Please come to your appointment with clean hair and scalp.

POST TREATMENT

- ❖ Tenderness and swelling at the injection site after the treatment are common and should resolve within 24-48 hours.
- ❖ Ice may be applied to the area after treatment if needed for comfort.
- ❖ Keep the treated area out of the sun for 2 weeks after each treatment. Wear a hat and/or use minimum 50 SPF sunblock whenever going outside during this time frame.
- ❖ Keep the treated area clean and do not apply any topical products, including shampoo or conditioner, to the hair/scalp area for 24 hours following your treatment. Do not immerse your head under water such as pools, the ocean, and hot tubs for 24 hours to avoid infection.
- ❖ You may resume washing your hair after 24 hours using mild shampoo and conditioner and very gently pressure. If you have a high-pressure shower head, use a cup to pour water over the scalp rather than allowing the high-pressure water to come directly in contact with the scalp. Continue to treat the scalp this way through the first 72 hours post treatment.
- ❖ Once your initial treatment series is complete, you can expect to see gradual improvement over time in the form of reduced hair loss and/or hair regrowth in the treatment area. It can take up to 6 months after your 4th/final treatment for complete results to develop.
- ❖ Please watch for any new or worsening hair loss during the 3-6 months that follow your 4th/final treatment. Contact us to schedule an appointment as soon as you notice hair loss is increasing so that your maintenance treatments can be started.

If you have any questions or concerns, please do not hesitate to contact our office at 727.518.7100.

Revised 06/01/2021