

PLATELET RICH FIBRIN (PRF) – HAIR LOSS TREATMENT

PRE-TREATMENT INSTRUCTIONS

A few simple guidelines before your treatment can make a difference

It is recommended, if you have a **special event or vacation coming up** that you schedule your treatment at least 2 weeks in advance (we prefer 3-4).

- If you are taking any blood thinners, please notify us right away as they may represent a contraindication to this treatment. These medications include Plavix, Coumadin, and Heparin. Other blood thinning agents include things such as vitamin A, Ginkgo, Garlic, Flax, Cod Liver Oil, Omega 3 Fatty Acids.
- Avoid aspirin, Advil, Motrin, Ibuprofen, Voltaren and other anti-inflammatory medications. These medications inhibit the mechanism by which PRP works. We want inflammation to occur.
- You may take Tylenol as needed prior to the treatment.
- If you are taking broad beta-blockers such as Inderal (Propranolol), please notify your provider as this medication may need to be changed to a selective beta-blocker in advance of the treatment. Prescription medication (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of and the day after your treatment.
- Avoid excessive sun or heat exposure 5-7 days prior to treatment.
- For Hair Treatment - coloring your hair is permitted up to 7 days before the treatment.
- To ensure that you are **WELL HYDRATED** prior to your treatment please remember to drink 8 cups (2 litres) of water the day before your treatment session.
- If you are or have been on **systemic (oral) use of corticosteroids (steroids) within 2 weeks** of treatment, we cannot treat you. **Consult your primary care provider for approval to discontinue use of steroids and receive treatment.**
- It is recommended that you avoid: Alcohol, caffeine, Niacin supplement, spicy foods, and cigarettes 3 days before and after your treatment. (All of these may increase risk of bruising)

THE MORNING OF YOUR TREATMENT

- 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 PRF session.
- Please drink approximately 16 oz of water at least 2 hours prior to your treatment.

ADDITION OF ACELL (OPTIONAL)

ACell is a naturally occurring material that triggers new blood vessel formation, recruits stem cells, and resorbs, leaving no scar tissue or material behind. By combining PRP with ACell therapy, activation of hair growth is possible in men and women affected by pattern and other forms of hair loss.

PRF is more effective and lasts longer when combined with ACell. There is a limit to what PRF alone can do long term. The combination of ACell + PRF hair regrowth therapy provides a significantly longer-lasting solution for hair loss resulting in the need for only a once-a-year treatment regimen for most people.

POST-TREATMENT INSTRUCTIONS

Please carefully read and follow these Instructions after your PRF treatment.

There are minimal restrictions after PRF 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, Omega 3 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 2-5 days following your treatment. If you experience any pain or discomfort, you may take Tylenol (or other Acetaminophen-containing products).
- We would prefer that you avoid 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.
- 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 smoking for 3 days after treatment. Smokers do not heal well, and problems recur earlier and results may take longer.
- Continue to stay well hydrated drinking water for the first week after treatment.
- Please do not hesitate to contact us with any questions or concerns

Your satisfaction is our utmost goal. Please call our clinic should you have any questions or concerns regarding your PRF treatment or aftercare (705-522-2252)