

NATURALLY BEAUTIFUL AESTHETICS



PRF Hair Restoration Pre & Post Care Instructions

PRE-TREATMENT INSTRUCTIONS

To help ensure the best possible treatment experience and results, please carefully follow these instructions before your PRF Hair Restoration appointment.

1 WEEK BEFORE TREATMENT

Unless otherwise directed by your prescribing physician, avoid medications and supplements that may increase bleeding, bruising, or inflammation, including:

- Aspirin
- Ibuprofen (Advil®, Motrin®)
- Naproxen (Aleve®)
- Fish Oil / Omega-3 Supplements
- Vitamin E
- Ginkgo Biloba
- Garlic Supplements
- Ginseng
- St. John's Wort
- Other blood-thinning supplements

Do not discontinue prescription medications without approval from your physician.

72 HOURS BEFORE TREATMENT

Increase your water intake and remain well hydrated.

Proper hydration helps improve blood collection and may enhance the quality of your PRF preparation.

Aim to drink at least 8–10 glasses of water daily unless otherwise directed by your healthcare provider.

24 HOURS BEFORE TREATMENT

Avoid:

- Alcohol
- Recreational drugs
- Excessive caffeine consumption
- Smoking or vaping if possible
- Strenuous exercise
- Excessive sun exposure

These activities may increase inflammation, bruising, and dehydration.

DAY OF TREATMENT

Please:

- Eat a healthy meal before your appointment.
- Drink plenty of water.
- Wash your hair thoroughly prior to arriving.
- Arrive with a clean scalp free of:
 - Hair fibers
 - Dry shampoo
 - Hair sprays
 - Hair gels
 - Hair oils

- Hair creams
- Hair concealers
- Hair makeup

A clean scalp helps reduce the risk of infection and allows for optimal treatment.

PLEASE INFORM YOUR PROVIDER IF YOU:

- Have a fever or illness
- Have an active scalp infection
- Have open wounds or irritation on the scalp
- Recently received a vaccine
- Recently underwent surgery
- Are pregnant or breastfeeding
- Have a bleeding disorder
- Have low platelet counts
- Have a history of fainting during blood draws
- Have experienced complications from previous PRP or PRF treatments

IMPORTANT EXPECTATIONS

PRF Hair Restoration is a regenerative treatment designed to stimulate existing hair follicles and improve scalp health.

Results are gradual and typically develop over several months.

Most patients require a series of treatments followed by maintenance sessions for optimal results.

Individual results vary and cannot be guaranteed.

POST-TREATMENT INSTRUCTIONS

Following these instructions can help maximize your results and minimize potential side effects after your PRF Hair Restoration treatment.

WHAT TO EXPECT

It is normal to experience:

- Mild redness
- Swelling
- Tenderness
- Sensitivity of the scalp
- Mild bruising
- Tightness
- Temporary headache
- Minor pinpoint bleeding at injection sites

These symptoms typically resolve within a few days.

FIRST 24 HOURS

Please avoid:

- Washing your hair
- Applying hair products
- Touching or scratching the scalp
- Swimming pools
- Hot tubs
- Saunas
- Steam rooms
- Excessive sweating

- Strenuous exercise

Allow the scalp time to heal and reduce the risk of infection.

FIRST 48 HOURS

Avoid:

- Hair coloring
- Hair bleaching
- Chemical treatments
- Perms
- Relaxers
- Scalp treatments

These services may irritate the scalp and interfere with healing.

FIRST 72 HOURS

Avoid:

- Excessive sun exposure
- Tanning beds
- Hot yoga
- Activities that generate excessive heat

Wear a loose-fitting hat if prolonged sun exposure cannot be avoided.

HAIR WASHING

You may generally wash your hair 24 hours after treatment using a gentle shampoo unless otherwise instructed by your provider.

Avoid aggressive scrubbing of the scalp for several days.

HYDRATION AND NUTRITION

To support healing and regenerative activity:

- Drink plenty of water
- Maintain a healthy diet
- Eat protein-rich foods
- Follow any supplement recommendations provided by your healthcare provider

RESUMING HAIR PRODUCTS

Most styling products may be resumed after 24 hours unless your provider advises otherwise.

Avoid harsh scalp treatments for at least one week.

EXPECTED RESULTS

PRF works by stimulating natural biological processes within the scalp.

Hair restoration occurs gradually.

Many patients begin noticing improvement within:

- 2 to 3 months
- Continued improvement over 6 to 12 months

Results vary based on:

- Age
- Genetics
- Hormonal factors
- Overall health
- Degree of hair loss
- Compliance with treatment recommendations

WHEN TO CONTACT OUR OFFICE

Please contact Naturally Beautiful Aesthetics immediately if you experience:

- Severe pain
- Significant swelling
- Signs of infection
- Fever
- Excessive bleeding
- Pus or drainage
- Severe redness
- Allergic reactions
- Any unexpected or concerning symptoms

TREATMENT SERIES AND MAINTENANCE

PRF Hair Restoration typically provides the best results when performed as a series of treatments.

Maintenance sessions may be recommended to help maintain results and support ongoing hair growth.

Your provider will discuss a customized treatment plan based on your goals and response to treatment.

IMPORTANT REMINDER

PRF Hair Restoration uses your body's natural healing and regenerative processes to support healthier hair growth.

Results develop gradually and require patience. Consistency with your treatment plan and follow-up appointments is essential for achieving the best possible outcome.

If you have any questions or concerns regarding your treatment, please contact Naturally Beautiful Aesthetics.