



## Platelet Rich Fibrin (PRF) Hair Restoration Patient Instructions

Our office wishes to provide you with the very best care. You will be well prepared by carefully reading and following your pre and post procedure instructions. PRF Therapy is a state of the art, non-surgical and natural medical procedure used for the treatment of hair loss or hair thinning. PRF Hair Restoration is suitable for both men and women. PRF contains your own body's platelets suspended in plasma and produces a fibrin mesh that sustains the platelets to the area injected to provide continued growth factor release over a period of several days. If you are a candidate for this treatment, research has shown that active growth factors stimulate hair growth and result in fuller, healthier looking hair.

### Pre-treatment instructions

You will be treated in a series of 3 or more appointments, scheduled every 4-6 weeks and have maintenance treatments every 6-12 months.

- **PRF treatment is highly dependent on your level of hydration (please begin the hydration process 72 hours before treatment).**
- Hair Care Prior to Treatment: You may continue any hair loss treatments up until the day of treatment including Minoxidil (Rogaine) and hormone blocking medications. **Hair can be colored or highlighted up to 7 days prior to treatment date.**
- **Avoid alcohol** and smoking 2 days prior to treatment.
- **Anticoagulant** prescription medications or antiplatelet therapy should be discontinued 2 weeks prior and 2 weeks after treatment if possible. If this is not possible, you should wait until after anticoagulant therapy is completed to receive treatment.
- If you are using topical and/or oral medications to support hair restoration, they should be continued during treatment series.
- **Avoid** taking NSAIDS like Ibuprofen, Mobic, Voltaren, and Nurofen for at least 7 days before and after their PRF session. As for corticosteroid injections, you must not take them for up to one month before scheduling PRF therapy.
- If you have just had a fever or serious illness, we recommend that you wait for at least 60 days and recover completely before coming in for PRF therapy.
- Photos will be taken at each appointment and three months after the last treatment.

### Post-treatment instructions

- Following your treatment, the scalp will feel tender and may be bruised.
- Do not touch, rub, press or manipulate the treated area(s) for at least 8 hours after treatment.
- **Avoid any products on your hair for 24 hours.** You may wash your hair the day after treatment.
- **Avoid strenuous exercise, heat, sun, and swimming pools.** Vigorous exercise, sun and heat can aggravate swelling and bruising after scalp injections. For 48 hours avoid heavy exercise, excessive sun exposure, saunas, steam rooms and hot tubs. No swimming pools for 2 days.
- Do not ice the area as this may inhibit PRF activity.
- Stay well hydrated the week following treatment.
- You can resume hair coloring, Minoxidil, and/or Rogaine 3 days after treatment.
- For 3 days post PRF injections **avoid alcohol and nicotine.** Smoking and alcohol delay healing and increase risk of complications.

- If you experience any pain or discomfort, you may take Tylenol or acetaminophen. Continue to avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for a week after your procedure if you receive PRF.

Please call our office if you have any further questions or concerns. Thank you for choosing New Life Aesthetics for your care!

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