



La Jolla Cosmetic
Medical Spa
est. 2013

PRP Hair Restoration Pre and Post Care

PREPARING FOR YOUR TREATMENT

Avoid the following for at least 1 week prior to your procedure:

- NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)—Tylenol is allowed.
- Certain nutritional supplements (Arnica, Vitamin E, Vitamin A, Flax Oil, Curcumin, and other anti-inflammatory nutrients)
- Systemic Steroids (prednisone, dexamethasone)
- Alcohol and Cigarettes
- Hydrate well the day before and the day of the procedure for ease of the blood draw.

DAY OF TREATMENT

- Blood is drawn and processed.
- If the laser cap was not used within the past 24 hours, the laser cap will be applied for 20 minutes prior to the procedure starting.
- Serum is injected into the treatment area using the Zimmer chiller for topical numbing.
- The remaining serum is massaged onto the scalp and then microneedled in.
- A surgical cap is placed on the head to cover the treatment area.

AFTER TREATMENT

- Mild bruising and irritation may occur.
- Avoid oral corticosteroids for 2 weeks after the procedure.
- Avoid cigarettes for 5 days after the procedure.
- Eat a healthy diet and hydrate very well – at least 64 ounces of clean fresh water.
- Avoid washing hair until the next day.
- Avoid tight hats for 3-4 days.
- Keep scalp clean, meaning do not swim in a lake or allow pets to sleep with you for at least 1 week.