

The Center For Women's Aesthetics

PRP (Platelet-Rich Plasma) therapy for hair is a medical procedure that involves injecting concentrated platelets from your own blood into your scalp to promote hair growth and improve hair health. Here are some pre and post-instructions to follow for PRP hair treatment:

Pre-Instructions:

1. **Avoid blood thinners:** Avoid consuming blood-thinning medications, such as aspirin, ibuprofen, or any other non-steroidal anti-inflammatory drugs (NSAIDs) for at least one week before the procedure, as they can increase the risk of bleeding unless prescribed by your doctor.
2. **Hydration:** Ensure that you are adequately hydrated before the treatment. Drink plenty of water and eat salty foods the day leading up to the procedure.
3. **Wash your hair:** Wash your hair with a mild shampoo on the night before treatment. Avoid using any hair products like gels, sprays, or oils.

Post-Instructions:

1. **Avoid vigorous activity:** Refrain from engaging in strenuous exercise or activities that may cause excessive sweating for at least 48 hours after the treatment. Sweating can interfere with the healing process.
2. **Gentle hair care:** For the first 48 hours after the procedure, handle your hair and scalp gently. Avoid brushing, combing, or pulling on your hair forcefully.
3. **Wash your hair:** You can resume washing your hair the day after the treatment but use a mild shampoo and warm water. Massage the scalp to help with tenderness and avoid harsh shampoos that may irritate your scalp.
4. **Sun protection:** Protect your scalp from direct sunlight and avoid tanning beds for a few days after the treatment. If you need to go out, wear a hat or use sunscreen specifically designed for the scalp.
5. **Avoid hair treatments:** Refrain from using any chemical treatments, such as hair dyes, perms, or straightening agents, for at least 48 hours after the procedure. These treatments can potentially irritate the scalp.
6. **Follow-up sessions:** Your provider will determine the recommended frequency of PRP treatments for your specific needs. Follow their instructions regarding the timing of subsequent sessions.