
Pre-Treatment PRF Hair Restoration 7 Days Prior

- Drink plenty of water 3 days prior to treatment
- Avoid chemical peels, waxing, electrolysis, Laser treatments, or threading
- Discontinue blood thinning agents such as vitamin E, vitamin A, C, D, Ginko, Garlic, Flax, Cod Liver Oil, Fish Oil and Essential Fatty Acids, and multivitamins, a minimum of 5-7 days (preferably 14 days) prior to treatment. It is fine to continue iron and vitamin D.
- If you are taking any blood thinners, please let your provider know immediately, due to high risk of bruising. These medications include Plavix, Coumadin and Heparin, aspirin.
- Avoid aspirin, Advil, Motrin, Iburprofen, Naproxen, Voltaren and other anti-inflammatory medications for 5 days.
- You may use Tylenol (acetaminophen) as needed prior to the treatment.
- Prescription medications (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of and the day after your treatments.
- Avoid excessive sun or heat exposure and wear a broad-spectrum sunscreen daily of SPF 30 or higher.
- Consider taking arnica tablets one week before procedure.

Post Treatment for PRF Hair Restoration

- It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following your treatment. If you experience any pain or discomfort you may take Tylenol or other Acetaminophen-containing products as directed.
- Ice or cold compresses can be applied to reduce swelling if required.
- Continue to avoid aspirin, Advil, Motrin, Iburprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days after your procedure (if possible try for 7 days).
- Avoid vigorous exercise, sun and heat exposure for at least 2 days after your treatment.
- Do not wet your hair for at least 3 hours after your treatment.
- 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 resuming Minoxidil (Formula 82M, Rogaine®), hair coloring, and straightening for 3 days.
- Continue increased water intake the first week after your treatment.
- Do not use blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids and least one week after your treatment.