



## PRP HAIR Post-Procedure Instructions & Tips

The following are our post-procedure instructions for patients undergoing platelet rich plasma treatments at the Aesthetic Center of Santa Clarita.

**Congratulations on completing your PRP procedure. It is not necessary to make many changes in your plans today - do whatever you wish with the exception of avoiding aspirin, Advil, and alcohol. It is quite normal to experience some mild soreness and rarely swelling. Not all individuals experience this, but it can occur. Let us know if you have concerns and need our help.**

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### **SHAMPOOING**

- Please shampoo your hair tomorrow morning with any shampoo you wish.

### **HAIR COLORING**

- It is fine to color your hair 3 days after the procedure.

### **HATS**

- Wearing hats is fine today if you wish. In fact, please limit sun on the area for 2 days.

### **SUPPLEMENTS**

- Do not use blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids for at least one week after your treatment.

### **FOODS & CAFFEINE**

- Avoid alcohol, cigarettes for the next 3 days.

### **MEDICATIONS**

- Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren, and other anti inflammatory medications for 3 days after your procedure (if possible try for 7 days). We want inflammation to occur!