



PLATELET RICH PLASMA FACE or SCALP PRE/POST CARE

Pre-Treatment

- Wash your face/scalp and surrounding areas the morning of your procedure.
- 1 Week before PRP stop all facial resurfacing agents: Retin-A, Retinols and Glycolics.
- No sun for 7 days prior to treatment.
- No active rosacea or acne breakouts.

Post PRP Treatment:

Immediately following treatment, the most commonly reported temporary side effects are:

- Redness
- Swelling
- Tenderness
- Numbness
- Lumpiness
- Bruising
- Tingling
- Fullness at injection site and/or in the treated area(s)

****Cool gel packs/ice may be applied immediately after treatment to reduce swelling****

To Maximize Results:

- Avoid scrubbing injection site for 5 hours post treatment.
- Avoid makeup for 24 hours post treatment.
- Starting on the evening of the treatment and for the next several days wash your face/scalp gently with a mild unscented cleanser (Cerave Hydrating Cleanser) am & pm.
- Apply hyaluronic serum or take home PRP to face am & pm.
- Resume normal skin care after day 3.
- Resume Retin-A, Retinols or Glycolics after day 3.
- Apply SPF 40 each morning to your face/scalp until healed. (Tizo)
- You may shampoo and shower as normal starting the evening of the treatment.
- Be gentle with your face and scalp. No scrubbing!
- Avoid hair dye for one week.
- **Avoid direct high heat:** Sun, hot water, sauna, steam room, very hot shower, yoga, strenuous exercise.

Hair Growth Aids:

- Minoxidil 5% topical
- Vivascal Supplements
- Theradome Light Therapy treatment - 20 minutes 3-4Xweek
- CoreBiotic
- Megasporebiotic
- Biotin
- Nutrifol Supplements

If you have any concerns or questions please contact me immediately.

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