



# THE PRP CENTER

## NONSURGICAL HAIR RESTORATION

### POST PRP TREATMENT CARE

#### HOME CARE INSTRUCTIONS



- **ANTI-INFLAMMATORIES:** Tylenol may be taken for discomfort. Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for a minimum of 3 days (7 days is advised).

Try to refrain from applying ice to the injected area as ice acts as an anti-inflammatory, but a cold compress can be used to reduce swelling, if required.

- **EXERCISE/HEAT EXPOSURE:** Avoid vigorous exercise, sun and heat exposure for at least 2 days after your treatment.
- **HAIR WASHING:** Wait at least 72 hours before submerging/soaking in a body of water (i.e. pool, hot tub, Jacuzzi, bath) as this may increase your chance for infection.

You may shower your body the night of your procedure. We advise not washing the procedure area for 12-24 hours (use a gentle soap or shampoo). Dry the treatment area well.

- **HAIR COLORING/TREATMENTS:** Do not use any hair products for at least 12 hours after your treatment. Avoid resuming Minoxidil (Formula 82M, Rogaine®), hair coloring, and straightening for 3 days.

#### RISKS AND COMPLICATIONS



- Bruising, redness, itching, tingling, swelling and/or soreness that may last from 2-5 days following your treatment.
- In very rare cases, skin infection or reaction may occur.

#### SEEK MEDICAL CARE IF



- You experience drainage or increased warmth at or around the treated area
- Fever of 101 or greater
- Severe pain that is unresponsive to over-the-counter pain relievers

Complications are incredibly rare, but if you develop ANY side-effects please call **919.526.0015** for further guidance.

