THE PRP CENTER

NONSURGICAL HAIR RESTORATION

HOW TO PREPARE FOR PLATELET-RICH PLASMA (PRP) INJECTIONS

1. **AVOID NSAIDS**

Non-steroidal, anti-Inflammatory Drugs (NSAIDs) can interfere with platelet function, so it's essential to stop taking them for **at least 7 DAYS before your PRP procedure, but a minimum of 48 HRS.** This includes common over-the-counter medications such as Ibuprofen (Advil, Motrin), Naproxen (Aleve), and Aspirin.

Why? NSAIDs inhibit platelet aggregation (clumping), which can reduce the effectiveness of the PRP treatment. If you need pain relief or anti-inflammatory treatment, consult with your healthcare provider about alternative options like acetaminophen (Tylenol), which does not affect platelets.

2. **BLOOD THINNERS**

We typically DO NOT need to stop these medications since blood thinners do not affect the healing properties of the platelets, only the aggregation function.

3. **STAY HYDRATED**

Drinking plenty of water 24 hrs before, and throughout the morning of your PRP appointment is essential. Hydration helps to ensure your blood volume is optimal, making the process of drawing blood and separating the platelets go more smoothly.

4. **LIMIT ALCOHOL AND CAFFEINE**

Refrain/reduce alcohol and caffeine consumption for at least 24 hours before the procedure if possible. Some evidence suggests caffeine/alcohol intake can impair platelet function.

5. **DIETARY RECOMMENDATIONS (3-5 DAYS PRIOR)**

Eating a balanced diet rich in vitamins and minerals can help support your body's natural healing process. Try to limit sugar and high fat foods, and increase vegetables and protein consumption. Amino acid complex supplementation at least 1 week prior has been shown to boost PRP function.

6. **NOTIFY THE CLINIC OF ILLNESSES**

If you have any active symptoms of COLD/FLU/COVID, please notify our clinic to reschedule (we recommend waiting at least one week for your immune system to recover prior to PRP treatment).

7. **HAIR COLORING/TREATMENTS**

Please try and avoid coloring or treating your hair with chemicals for at least one week before your treatment.

8. **DAY OF TREATMENT**

Arrive with a clean scalp (no hair products, topicals, etc.).

www.PRPcenters.com 919.526.0015 info@PRPcenters.com