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, but we advise not washing the procedure area for 12-24 hours. Following that period, use a gentle soap or shampoo and 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®) and straightening hair for 3 days. Avoid coloring hair for 7 days post treatment.

RISKS AND COMPLICATIONS

- Bruising, redness, itching, tingling, swelling, and/or soreness 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.

- You develop a fever of 101 or greater.

- You experience 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.