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## **PRE & POST CARE FOR PRP TREATMENTS**

### **WHAT IS PRP?**

Platelet Rich Plasma injections harness the power of your body's ability to trigger natural hair growth and maintain it by increasing blood supply to the hair follicle, increasing the thickness of the hair shaft. We use PRP treatments in conjunction with other therapies to maximize results.

### **HOW TO PREPARE FOR PRP**

To effectively treat hair loss (alopecia), in-office treatments as well as daily oral and topical applications are essential. It is vital to start at least 1 month prior to PRP treatment with topical and oral modalities in order to prep the hair follicles for maximum growth.

### **BEGINNING ONE MONTH PRIOR TO TREATMENT**

1. Take Nutrafol 4 pills daily with food. Specific formula will be indicated by your provider. You can take 4 at one time or 2 in the morning and 2 at night.
2. Plated Hair Serum: Apply to affected areas in the morning or as directed. A little goes a long way – half a dropper full will cover the crown area. Massage into the scalp and wash hands after treatment
3. If directed, take medications as prescribed (Spironolactone, Propecia and / or Minoxidil).
4. Shampoo for 2-3 days/week for 5 minutes at a time with CLN Shampoo.

### **YOUR FIRST PRP TREATMENT (after 1 month of above prep)**

1. Wash and dry hair in the morning prior to your appointment.
2. The day of appointment your blood will be drawn by a registered phlebotomist. We then process your blood through a centrifuge to separate out the plasma which is injected into your scalp by your provider.

### 3. Post-procedure instructions:

- a. Tylenol 500mg one tablet every 4-6 hours as needed for discomfort. Most patients will find they do not need it.
- b. Expect to have 1-3 days of soreness on the affected areas, or rarely swelling on the top of your forehead.
- c. Resume normal hair care/hygiene the next morning.
- d. You may style and color hair as normal starting the day after your treatment.

## **SCHEDULE FOR PRP TREATMENTS**

- Schedule PRP treatments once every 4-6 weeks as directed.
  - For best results, we recommend at least 3-5 initial treatments.
  - Schedule maintenance treatments every 4-6 months to support new hair growth.
  - It is very important to continue oral supplements and topical treatments as directed by your provider.
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If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

**Questions or concerns?** Please securely send a direct message to your provider or call the office 281-332-9682.