

PRP for the Scalp Instructions

Pre-Procedure Instructions

Please plan to be in our office for approximately 90 minutes. Here are a few pre-procedure instructions that will optimize the results of the PRP.

Diet and fluid intake

Please increase your intake of fluid the day before your procedure by simply drinking 2 glasses of water in the morning, 2 glasses in the afternoon, and 2 glasses in the evening.

On the day of your procedure drink at least one 8-ounce bottle of water before your session.

Please eat a usual breakfast or lunch the day of your PRP session.

Shampooing

Feel free to wash your hair the morning of your PRP session (or at least 24 hours prior).

Hair loss Treatments

You may continue other hair loss treatments such as minoxidil, laser, hormone blocking tablets before your procedure. If you are not sure if you should be stopping a medication, please ask.

Hair coloring

You may color your hair up to 3 days prior to the procedure.

Supplements

Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Fish Oil, Essential Fatty Acids and Multivitamins at least one week before your treatment.

You may continue iron and vitamin D.

Alcohol & smoking

Avoid alcohol for three days prior to your PRP session.

If possible, stop smoking or limit smoking for three days prior to your procedure. This greatly impacts the healing process.

Medications

Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days prior to your procedure (if possible, please avoid for 7 days). We want inflammation to occur – as this is one mechanism by which PRP works. You may take Tylenol for any discomfort you may have.

Post Procedure Instructions

Congratulations on completing your PRP Procedure! You may go about your daily routine, taking care to avoid anti-inflammatories such as Aspirin, Ibuprofen and alcohol. It is quite normal to experience some mild soreness and swelling. Please contact the office if you have any questions/concerns.

Shampooing

Please shampoo your hair the morning following your PRP procedure.

Hair Loss Treatments

You may continue other hair loss treatments such as minoxidil, laser, and hormone blocking tablets the day after your procedure.

Hair coloring

You may color your hair 4 days after your procedure.

Hats

You may wear a hat the day of your PRP procedure. Please limit sun to the area for 2 days.

Supplements

Do not use blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Fish Oil, Essential Fatty Acids at least 48 hours following your treatment.

Alcohol & smoking

Avoid alcohol for 3 days following your PRP procedure. Avoid smoking for three days as this will greatly improve healing.

Medications

Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days following your procedure (7 days if possible). We want the inflammatory process to occur.

Emergency Contacts

Doctor Dorner is available twenty-four hours a day. If you are having problems please call the office at 614-336-9000 and press one to have him paged. Be sure to leave your contact information.

For any life-threatening emergencies, you should call 911.

Notes: