

Platelet Rich Plasma (PRP) Pre Treatment Instructions

1. You may take Arnica 3-5 pellets, 3 times per day starting 2 days before, the day of, and 2 days post treatment. This will help decrease the risk of bruising.
2. Make sure that you hydrate well the day before and the day of treatment.
3. On the day of treatment, please make sure you have eaten a normal breakfast or lunch.
4. No Accutane use in the past 6 months
5. Avoid the following for at least 1 week prior to your procedure as they may cause more bleeding or bruising)
 - a. Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin
 - b. Alcohol
 - c. Cigarettes
 - d. Systemic steroids (anti-inflammatory), Prednisone, Dexamethasone
 - e. Nutritional supplements – ginkgo, garlic, vitamin E, flax oil, curcumin and any other anti-inflammatory supplements
6. Please notify us if you are taking any blood thinners such as Coumadin, Plavix, or Heparin or any others
7. Avoid Retinol (Vitamin A) and glycolic acids at least 2 days before procedure

Hair Restoration specific

1. Shower in the morning of your treatment and wash your hair thoroughly using your regular shampoo. Do not apply gels, hair sprays or any other styling products.
2. Hair colouring is fine up to 3 days before your procedure