



Pre-Procedure Care for Scalp PRP with Microneedling

We are looking forward to seeing you soon for your PRP session at Hull Dermatology and Aesthetics. Please plan to be here about one hour. Here are a few pre-procedure instructions that we find help optimize the results of the PRP.

Diet And Fluid Intake

- Please increase your intake of fluid the day before your procedure by simply drinking two glasses of water in the morning before your PRP session, two glasses at lunch and two glasses at dinner.
- On the actual day of your procedure simply have a bottle of water (500 mL) before your session.
- Please eat a normal breakfast or lunch the day of your PRP session.

Shampooing

- Feel free to wash your hair the morning of the PRP session (or at least the day before).

Medications/Treatments

- Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for three days before your procedure (if possible please avoid for seven days). We want inflammation to occur as this is one mechanism by which PRP works! You may take Tylenol for any pains, discomforts, or joint pains you may have.
- Discontinue blood thinning agents such as vitamin E, vitamin A, Gingko, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids at least one week before your treatment.
- Please stop multivitamins one week before your procedure as well.
- It's fine to continue iron and vitamin D.
- Please discontinue minoxidil treatment for two weeks before and after your PRP treatment(s).
- Please discontinue steroid injections to the treatment area for one month prior to your treatment.
- If you are not sure if you should be stopping a medication, please ask.

Hair Coloring

- It is fine to color your hair up to three days before the procedure.

Alcohol and Smoking

- Avoid alcohol for three days before your PRP session
- If possible, stop smoking or limit smoking for three days prior to your procedure. The more the better as we find it really impacts the healing process!

■ Additional instructions: _____



Post-Procedure Care for Scalp PRP with Microneedling

Congratulations on completing your PRP Procedure. It is not necessary to make many changes in your plans today – do whatever you wish with the exception of avoiding aspirin, Advil, and alcohol. It is quite normal to experience some mild soreness and, in rare cases, swelling. Not all individuals experience this, but it can occur. Let us know if you have concerns and need our help. **PHONE: (479) 254-9662.**

Shampooing

- Please wait to shampoo your hair for 24 hours with any shampoo you wish.

Hair Coloring

- It is fine to color your hair seven days after the procedure.

Hats

- Wearing a hat today is fine if you wish to. In fact, please limit sun on the area for two days.

Supplements

- Do not use blood thinning agents such as vitamin E, vitamin A, Ginkgo, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids at least one week after your treatment.
- Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren, and other anti-inflammatory medications for three days after your procedure (if possible try for seven days). We want inflammation to occur!

Foods/Caffeine/Smoking

- Avoid alcohol and cigarettes for the next three days as we find it makes a big difference to healing.

■ Additional instructions: _____
