



Platelet Rich Plasma Therapy for the Scalp (PRP Scalp) Pre-Procedure Guidelines

- The doctor may advise you to stop taking vitamins, (or multivitamins), blood thinners and other contraindicated medicines (if you take any) for this procedure at least a week prior to the procedure.
- You need to avoid smoking and drinking alcohol and also stop using hair products at least three days before the procedure.
- Wash your hair the morning of the PRP session or the day before the PRP session if we are treating your scalp
- We also recommend you to increase the intake of water a day before the procedure

Post PRP Scalp Care:

- Post the procedure (a day or two after) you may be advised to shampoo your hair. You need to avoid certain medications, especially anti-inflammatory medications, for at least 3 - 7 days after the procedure as anti-inflammatory medications prevent inflammation, which is essentially required for the platelets to perform their function of stimulating hair growth.
- Avoid smoking and drinking alcohol, as these habits can interfere with the healing process.
- Avoid venturing out in direct sunlight. Wear a hat to protect your scalp from direct sun rays.
- If you wish to color your hair, you can do so after 3 days of the procedure.