



## Hair Restoration Pre & Post Treatment Instructions

Our Healthy Hair Program consists of Keravive treatment, PRP injections and Nutrafol supplements. Hair loss is caused by many factors. To have healthy hair, we have developed a comprehensive treatment program to address these factors.

### *Keravive – Healthy Hair Starts with a Healthy Scalp*

#### ***Before Your Keravive Treatment***

For best results we recommend patients come to the treatment with clean, dry hair without styling products.

#### ***During Your Treatment***

The treatment takes approximately 30 minutes. The treatment is pain-free, gentle and relaxing. You will feel some suction on your scalp and a cooling sensation from the solutions that are administered during the treatment.

#### ***After Your Treatment***

Your scalp/hair should be dry 15-20 minutes after the end of the treatment. Do not wash, style, blow-dry, or use any styling products until the next day.

#### ***Keravive™ Scalp Health Spray***

Following the in-office treatment, use the HydraFacial Keravive™ take-home spray daily beginning the day following your treatment. Apply 1-2 sprays per area of concern once a day by placing nozzle directly on the scalp while spraying. After spraying, massage solution into scalp for 30-60 seconds. For best results, apply in the evening and allow the solution to remain on the scalp overnight.

### PRP Injections

PRP “liquid gold” contains healing proteins and growth factors that stimulate new circulation to the scalp and the stimulation of new hair growth.

### ***Before Your PRP Treatment –***

- If you are taking any blood thinners, please let your provider know immediately, as they may represent a contra-indication to this treatment. These medications include Plavix, Coumadin and Heparin.
- You may use Tylenol (acetaminophen) as needed prior to the treatment.
- If possible, please refrain from, or minimize, smoking three days prior to and one day after the treatment. Smoking may impact healing and oxygen delivery to the scalp. Therefore, your results may be improved the longer you are able to stop smoking before and after the treatment.
- Minimize alcoholic consumption the day prior to your PRP treatment.

### ***THE MORNING OF YOUR TREATMENT***

- Shower the morning of your treatment and wash your hair very thoroughly using your regular shampoo. Do not apply sprays, gels, or any other styling products to your hair. If you wear a hair system, please remove it prior to shampooing and do not wear it before your PRP treatments.
- Eat food with protein and healthy fats the morning of your treatment and please drink approximately 16 oz of water at least 2 hours prior to your treatment.

### ***During Your PRP Treatment –***

A small tube of blood will be drawn from your arm and spun in a centrifuge. After 10 minutes of spinning your provider will remove the PRP and then place in numerous small syringes.

After cleansing the area to be injected, your provider will inject small amounts of PRP using a tiny needle. For your comfort we will provide ProNox to you during your treatment. Most patients find this to be very comfortable. Your treatment will take around 30-45 minutes.

### ***After Your PRP Treatment –***

- DO NOT touch, press, rub or manipulate the treated area(s) for at least 8 hours after your treatment.
- Avoid Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, (all non-steroidal anti-inflammatory agents), Vitamin A, Vitamin E, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver, Essential Fatty Acids (EPA, DHA), for at least 1 week prior to and 2 weeks after your treatment. Remember, our goal is to create inflammation. These listed medications will limit or prevent inflammation, which can diminish your results. If you must take Aspirin for cardiac reasons, you certainly may do so, but this may limit your results.
- It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following your procedure. If you experience any pain or discomfort, you may take Tylenol or other Acetaminophen-containing products as directed.
- We would prefer if you could refrain from applying ice to the injected area as ice acts as an anti-inflammatory.
- Do not wet your hair until the next day.

- For the first 3 days, use shampoo that is pH balanced.
- Do not use any hair products for at least 6 hours after your treatment.
- Avoid saunas, steam rooms, swimming for 2 days after your treatment.
- Avoid vigorous exercise, sun and heat exposure for at least 2 days after your treatment.
- Avoid alcohol, caffeine, and cigarettes for 3 days after treatment. Smokers do not heal well, and problems recur earlier, and results may take longer.
- You can resume using your Minoxidil (Formula 82M, Rogaine®) or hair coloring or straightening 3 days after your treatment.
- Continue increased water intake the first week after your treatment – at least have your body weight in ounces of water
- Please do not hesitate to call our office should you have any questions or concerns regarding your PRP treatment or aftercare

### Nutrafol Supplements – Healthy Hair from the Inside Out

- You will receive a 3-month supply of Nutrafol Supplements. You will see the benefits of these supplements between 4-6 months after starting use. **IT IS IMPORTANT THAT YOU TAKE YOUR SUPPLEMENTS EVERY DAY FOR BEST RESULTS.** We also recommend that you continue taking Nutrafol supplements indefinitely (or at least as long as you want to have healthy hair 😊)
- Take 4 capsules with your largest meal of the day (usually dinner). It is also best to take the supplements with a healthy fat (olive oil, nuts, fish, or avocado) with that meal for best absorption.