



Post-Procedure Guidelines & Tips Following PRP Injection to the Scalp

EXERCISE

Please avoid heavy exercise the day of your procedure. Resuming the following day is fine

SHAMPOOING

It is fine to shampoo your hair immediately after your treatment with your normal shampoo

HAIR COLORING

It is fine to color your hair THREE days after the procedure

STYLING PRODUCTS

Please do not use any styling products (gel, mousse, spray, or any other topicals) for 24 hours.

HATS

Wearing a hat today is fine. In fact, please limit sun on the area for 2 days.

SUPPLEMENTS

Do not use blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, niacin supplements, and Essential Fatty Acids and least one week after your treatment.

ALCOHOL AND SMOKING

Avoid alcohol for the next three days. Avoid smoking for three days (and more please if possible) – we find it inhibits the normal healing process.

MEDICATIONS

Avoid aspirin, Advil, Motrin, Iburprofen, Naproxen, Voltaren and other anti inflammatory medications for 5 days after your procedure (if possible). We want inflammation to occur! You may safely take TYLENOL if you have discomfort, tenderness and/or pain.

Please email us with questions or concerns at info@radianceskintherapy.com or call Anne at 608-513-8699.