

# *Radiance*

## 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 5-7 days after the procedure

### STYLING PRODUCTS

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

If you are using Minoxidil you may use it the next day but not the day of treatment.

### 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.

**It is very important that you call us with concerns. Possible adverse reactions need to be reported to us immediately!** If you have concerns and you feel you are experiencing any adverse reactions we will want to see you in the clinic as soon as possible. During business hours call 608-240-0088. After business hours call Taylor Hill, RN @ 608-575-1750 or Anne Pientka, RN @ 608-513-8699.

### **Skincare products that partner well with PRP Thinning Hair & available at Radiance:**

CollaGEN ~ Dietary supplement containing bioactive collagen peptides that help support normal rejuvenation of healthy hair, skin, and nails