



# PLATELET RICH PLASMA (PRP)

HAIR RESTORATION

## RECOMMENDATIONS AFTER YOUR TREATMENT

**Congratulations, you have finished your PRP hair restoration session! Here are our recommendations to follow for the next week. If you have any questions or concerns, do not hesitate to contact us immediately. We are here to help you.**

- Don't worry if your scalp is slightly sensitive or swollen. These symptoms will go away in the next few days.
- Please **wash your hair tomorrow morning** with the shampoo of your choice.
- Limit your head's exposure to **extreme temperatures (hot and cold)** for the next two days. We therefore advise you to avoid exposure to the sun, or to wear a hat if necessary.
- **Avoid taking anti-inflammatory drugs** (Aspirin®, Advil®, Motrin®, ibuprofen, Naproxen®, Voltaren®) 3 days after your treatment (if possible, for 7 days). The inflammation must take place to potentiate your results!
- Avoid alcohol, caffeine and, if possible, cigarettes for the next three days.
- Avoid taking natural products and supplements with an anticoagulant effect, such as multivitamins, vitamin A, vitamin E, ginkgo, garlic, flax and cod liver oil **at least one week after your treatment.**
- You can dye your hair three days after treatment.

If you have any additional questions, please do not hesitate to contact us at (514) 466-8822 or via [info@clinicare.ca](mailto:info@clinicare.ca)