



Pre and Post Instructions PRP Hair Restoration

Pre Care Instructions:

1. Contraindications: moderate to severe anemia, low platelet count, infection/lesions in treatment area
2. Do not take any anti-inflammatory meds (Aleve, Ibuprofen, Meloxicam, etc) 2-3 days before treatment and for 5-7 days after because we want an inflammatory response

Post Care Instructions:

1. Vit D3 5,000 IU daily and Biotin 8 mg twice daily after treatment.
2. B complex and Collagen optional for purchase (improve results).
3. Bosley optional for purchase (improve results).
4. Can take up to 5-7 days to heal from microneedling.
5. Expect hair growth 6-8 weeks and maximal effects in 4-6 months.
6. Women- Need 3 treatments 4-6 weeks apart.
7. Men- Need 3 treatments 4-6 weeks apart.