

WHAT TO EXPECT: PRP FACIAL INJECTION AND HAIR REJUVENATION

PRP stands for Platelet-rich plasma; it is a medical treatment that involves using a concentration of platelets derived from a person's own blood to stimulate healing and growth.

KEY BENEFITS: using your own growth factors to stimulate collagen production, hair growth, skin rejuvenation

BEFORE YOUR TREATMENT:

- Please drink plenty of fluids and water the day before and the day of your procedure. If you are dehydrated, it is much harder to draw blood and you will not have as much plasma.
- For best results, eat a healthy diet and avoid alcohol in the days before your treatment – you'll have more robust PRP.
- Please try to avoid NSAIDs (ibuprofen, Aleve, naproxen, aspirin) for 7 days prior to your procedure. It is okay to take Tylenol (acetaminophen) prior to your procedure as this does not thin your blood or affect your platelets.
- Please try to stop any herbal supplements 7 days prior (including St John's Wort, Garlic, vitamin E)

DURING THE PROCEDURE:

- We'll take before photos and your blood will be drawn.
- It will be placed in a centrifuge to separate the components of the blood.
- We will load your concentrated plasma into a syringe.
- The area for injection will be cleansed and the PRP gently injected into the locations we've discussed.

POST PROCEDURE:

- Avoid NSAIDs (ibuprofen, Aleve, naproxen, aspirin) the day of your procedure.
- If you experience discomfort, you can use ice or take Tylenol.
- Antihistamines, like Benadryl and Zyrtec, may be used for minor itching.
- Cold packs can relieve minor discomfort and reduce swelling. Ice for a maximum of 20 minutes per hour.
- It is fine to shampoo the hair gently the same day as your procedure.
- You may notice some bruising where there were injections. This is normal and will resolve in 1-2 weeks.
- You may return to normal activity immediately following your procedure (with the exception of strenuous exercise).
- Mild tingling, swelling, soreness, redness, and tenderness may last for up to 3 days.
- If you have any questions or concerns, or experience an unexpected reaction, please call us immediately: 717-504-8426.



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