



Hair PRF Treatment Instructions

Pre-Treatment:

- Please hydrate, increasing your water intake the day of your treatment is important for the blood draw.
- Ensure you have had a small meal or snack prior to your treatment.
- Hair can be washed up to the day of treatment, but please refrain from hair coloring 72 hours prior.
- Avoid any blood thinning agents 7-days prior (ibuprofen, aspirin, multi-vitamin, fish oil, naproxen, etc.)
- Avoid smoking and alcohol 72 hours prior to treatment.
- If you need to cancel/reschedule your appointment, please provide a 48 hour notice to avoid any fees.

Post-Treatment

- Pinpoint bleeding, tenderness, bruising can occur at the injection sites and blood draw. These symptoms typically resolve within a week of treatment.
- Avoid aspirin, ibuprofen, naproxen, Motrin, and any anti-inflammatory medications 72 hours after your treatment. Tylenol can be used if you have any discomfort.
- Hair can be washed the next day, and hair can be colored 72 hours after treatment.
- Change your pillowcase prior to going to bed the day of treatment to limit bacterial exposure.
- Blood thinning agents, smoking, and alcohol should be avoided for 72 hours after treatment.
- Do not apply any make up/sunscreen/hair product for at least 24 hours to the areas treated.
- Avoid swimming, excessive sun exposure, hot tubs, saunas, and steam rooms for 48 hours.

If you have any questions or concerns pre/post treatment, please contact our office at 503-699-6464

After Hours: 503-238-8369



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