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PRP Hair Treatment Instructions

Pre-treatment Instructions

If possible, do not take any Aspirin or NSAID medications (ibuprofen, motrin, advil, etc) for 14 days prior to your procedure, and then only on the advice of your personal physician. Please let your surgeon know if this is not possible prior to your surgery.

Avoiding alcohol for 7 days prior to surgery can help with the healing process.

You may want to bring a clean hat to your procedure to cover your scalp. This is particularly important if your treatment is in the warmer months.

Post-treatment Instructions

It is very important to your well-being that you follow completely all instructions given to you by this office.

You may drive 10 minutes after your procedure if you used Pro-Nox, the light laughing gas.

Do not wash your scalp until the morning after your procedure. Use a mild shampoo and avoid excessive scrubbing of the scalp.

Avoid sun exposure to the scalp immediately after the procedure. You may wear a hat immediately after the procedure but **MAKE SURE YOU WEAR A CLEAN OR FRESHLY WASHED HAT.**

No exercise or heavy aerobic activity for 24 hours.

It is normal to have some scalp soreness or mild headache after the procedure. Tylenol is best for pain management.

It is not uncommon to have a period of hair shedding several weeks after you start a PRP regimen.

Continue any hair medications or supplements recommended by the Prime FPS team.

Contact the office immediately if you experience any of the following:

- Extreme erythema or burning after applying healing products. This may indicate you are allergic to a certain product.
- Worsening redness or swelling after 3 days.
- Extreme pain, bruising or swelling
- Signs of infection like fever