



PRP Pre & Post Instructions

To ensure optimal results & reduce the risk of complications, carefully read & follow your pre/post procedure instructions. As your technician to clarify any concerns regarding the instructions.

Pre-Procedure Instructions

1. Do not take ASPRIN, IBUPROPHEN, NAPROXEN or any other non-steroidal anti-inflammatory drugs (NSAIDS) for 5-10 days before procedure. VITAMIN E, FISH OILS, impair platelet function in the normal clotting process, thus promoting bleeding & bruising. ACETOMPHENOL IS PERMISSIBLE to take pre & post procedure.
2. Do not drink ALCOHOL 2 days prior to procedure. This may cause excessive bleeding & decreased resistance to infection. Avoid red wine, -for 4 days post procedure to minimize bruising.
3. Come to your appointment with clean skin/hair. NO MOISTURIZERS, SPRAY, ETC.

Post-Procedure Instructions

FOR HAIR:

1. DO NOT WASH YOUR HAIR or use direct shower pressure to the scalp for the next 24 hours.
2. After the first 24 hours GENTLY WASH your hair for the next 72 hours.
3. DO NOT EXERCISE, SWIM OR STRENUOUS ACTIVITY for the next 72 hours.
4. NO SUN EXPOSURE on injections sites for the next 72 hours.
5. NO HOT TUBS OR SAUNAS for the next 72 hours.
6. HAIR CARE & SUPPLEMENTS are recommended by Timeless Rx for maintenance and optimal results.
7. FOLLOW UP TREATMENTS may be required to achieve optimal results.

FOR SKIN:

1. DO NOT APPLY MAKEUP for the next 48 hours.
2. NO SUN EXPOSURE for the next 48 hours.
3. NO HOT TUBS OR SAUNAS for the next 48 hours.
4. DO NOT EXERCISE for the next 48 hours.
5. DO NOT TREAT THE SKIN with peels, laser or facial for the next 3 weeks.
6. SKIN CARE PRODUCTS are recommended by your technician for follow up care & optimal results.
7. FOLLOW UP TREATMENTS may be required to achieve optimal results.

Contact the office IMMEDIATELY with concerns.
985-893-6073