

Platelet Rich Plasma for Hair Restoration with ACeLL Care Instructions

Platelet Rich Plasma (PRP) has been used for years in wound healing and pain control. It is now having broad use in aesthetic medicine. Use of PRP in conjunction with ACeLL for hair restoration has been shown to stimulate inactive hair follicle stem cells. It is important not to inhibit the natural inflammatory response after PRP. This treatment does not create new hair follicles, it only wakes up existing ones.

Before Your Treatment

- Avoid smoking for two weeks before and two weeks after treatment.
- Avoid taking Aspirin and non-steroidal anti-inflammatory medications (NSAIDS) such as Ibuprofen, Motrin, and Aleve for 1 week before and 1 week afterward. This will inhibit the natural inflammatory response.
- No alcohol 24 hours before treatment.
- Come in with a clean scalp and wash your hair the morning of the procedure.
- Have a clean pillowcase ready for post treatment.
- You may color your hair up to 3 days before the treatment.

After Your Treatment

- Immediately following the procedure, the most reported temporary side effects are redness, swelling, bruising, tenderness, tingling, numbness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s).
- Tylenol is recommended as needed for discomfort. Avoid taking Aspirin and non-steroidal anti-inflammatory medications (NSAIDS) such as Ibuprofen, Motrin, and Aleve for 1 week afterwards. This will inhibit the natural inflammatory response.
- Avoid alcohol consumption for a minimum of 24 hours.
- Avoid touching or rubbing the injection sites for 24 hours after treatment. Do not rub or scrub the treated area for 2 weeks.
- Sleep on your back with your head elevated for the first 2-3 nights.
- Avoid direct high heat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) for 24 hours after treatment.
- You may wash your hair 24 hours after treatment.

- Refrain from using Minoxidil (Formula 82M, Rogaine®) or hair coloring or straightening for 3 days.

Questions/Concerns. Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact the office at 425-450-0880.