Post PRP HAIR Instructions

Once you are done with the procedures, follow these instructions:

Cold Compressions: Immediately after the procedure, your scalp may feel sore and tender. Use cold compressions to alleviate these symptoms, but be gentle.

Massage Scalp: It is recommended to gently massage your scalp thrice a day for three to four days following the treatment. This will allow even and efficient distribution of PRP mixture.

Exercise: Avoid heavy exercise immediately after the procedure. Resuming your workout routine after 24 hours is fine.

Shampooing: Avoid shampooing your hair for 12 to 24 hours after the treatment. Preferably with Glytone's Anaphase Cream Shampoo (vitamin Enriched strengthens hair).

Hair Coloring and Hair Styling: Wait for at least 3 to 5 days before you dye your hair. As for as hairstyling products (hair sprays, mousses and gels) are concerned, you can use them 24 to 36 hours after the procedure. But better avoid them for 3 to 5 days.

Avoid Sun Exposure: Sunlight should not reach your sun directly for at least 7 to 10 days. Cover your scalp with a hat as you go out during day time.

Supplements and Medicines: Avoid all blood thinning medicines and supplements for a week or two post-procedure. Blood thinners can affect your healing ability.

Alcohol and Smoking: Cigarettes and alcohol that you had quit a week before procedure remains a "No" for a week after the treatment.

Follow these aforementioned instructions carefully and stay assured your hair loss therapy is going to be a huge success.