

PRP / PRF for Hair: Before & After Your Treatment

Regenerative Medicine at UPC | Rainier Guiang, MD

Riverside: 6900 Brockton Ave | Menifee: 27990 Sherman Rd

951-900-3253 | regeneration@unipain.com | upcregenmed.com

PRP (platelet-rich plasma) is made from a small sample of your own blood. We prepare it with the EmCyte PurePRP® system. PRF (platelet-rich fibrin) is a related platelet concentrate made from your blood in a similar way. It is injected into your scalp, and we use numbing as needed to keep you comfortable. Results vary from person to person.

BEFORE YOUR VISIT

About 1 week before

- Ask us before you stop any medicine.
- Stop NSAIDs like ibuprofen (Advil) and naproxen (Aleve) 5–7 days before.
- Aspirin: if a doctor prescribed it for your heart, keep taking it and ask us first.
- Stop fish oil, vitamin E, and ginkgo 5–7 days before.
- Acetaminophen (Tylenol) is OK for pain.
- Do not color, perm, relax, or chemically treat your hair.

Hair-loss medicines

- Keep taking finasteride unless we tell you otherwise.
- Stop minoxidil 1–2 days before. Ask us if you are not sure.

The day before and day of

- No alcohol for 24–48 hours before.
- Wash hair the night before or that day.
- Skip styling products: sprays, gels, dry shampoo, and hair fibers.
- Drink plenty of water and eat a meal. We will draw a small amount of blood.

Tell us if you

- Take a blood thinner. Do not stop it on your own.
- Are pregnant, or have a blood disorder or cancer.
- Have a scalp infection or get cold sores.

Please reschedule if

- You feel sick or your scalp is irritated.

AFTER YOUR VISIT

What is normal (1–3 days)

- Mild soreness, tenderness, and swelling. Swelling can sometimes move down onto your forehead.
- Tiny spots of bleeding where the needle went in.

Washing and hair care

- Do not wash your hair for about 6–12 hours, or as we tell you.
- Then wash gently with a mild shampoo. Do not scrub.
- No hair products, color, or chemical treatments for about 72 hours to 1 week. Ask us when it is OK.

The first 2 days

- No heavy exercise, sweating, sauna, swimming, or hot tubs for 48 hours.
- Stay out of direct sun, or wear a loose hat.
- Sleep on a clean pillowcase.

Medicines

- Avoid ibuprofen, naproxen, and other NSAIDs for 1–2 weeks. They can weaken the PRP response.
- Acetaminophen (Tylenol) is OK.
- Restart minoxidil after 24–48 hours, unless we tell you otherwise.

Your results

- Hair changes build slowly over about 3–6 months. Results vary.
- A series is common, often once a month for 3–4 treatments, then maintenance visits.

WHEN TO CALL US: 951-900-3253

Call us if you have a fever over 100.4°F; redness, warmth, pus, or drainage that is getting worse; or pain or swelling that is severe or getting worse.

Any change in your vision or a severe headache: call 911 or go to the ER right away.

For any emergency, call 911.

Your next appointment: Date _____ Time _____

This sheet is general guidance; follow any specific instructions from your provider.