



PRP Hair Treatment – After Care Instructions

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Why After Care Is Important

Proper after-care following your PRP hair treatment helps reduce side effects, supports healing, and improves hair growth results.

First 24 Hours – Important Instructions

- Do not wash your hair on the day of treatment.
- Avoid touching, scratching, or massaging the scalp.
- Do not apply oil, serum, or hair styling products.
- Avoid gym, sweating, or heavy physical activity.
- Mild redness, swelling, or soreness is normal.

Hair Wash Instructions

- You may wash your hair after 24 hours.
- Use a mild or doctor-recommended shampoo only.
- Use lukewarm water; avoid hot water.
- Wash gently without rubbing or scrubbing the scalp.

What to Avoid for 48–72 Hours

- No hair oil, hair color, or chemical treatments.
- Avoid sauna, steam, and swimming.
- Avoid direct sun exposure on the scalp.
- Avoid smoking and alcohol if possible.

Medications & Pain Management

- Take only medicines prescribed by your doctor.
- Avoid painkillers unless advised by the doctor.
- Mild headache or scalp tightness may occur and is temporary.

Normal Side Effects

- Mild redness or swelling at injection sites.
- Temporary tenderness or itching of the scalp.
- Temporary hair shedding may occur before new hair growth starts.

Follow-Up

For best results, attend all recommended PRP sessions and follow your doctor's advice carefully.

Patient Signature: _____

Date: _____

