



How to PREPARE for your FACE + HAIR PRP SESSION

We are looking forward to seeing you soon for your Arthrex® PRP Rejuvenation Session. Here are a few pre-procedure instructions that we find help optimize the results of the PRP.

Arthrex ACP treatment is very safe because cells from the patient's own blood are used, which means there are no preservatives and no chance of the body rejecting the cells. The primary risks and discomforts are related to the blood draw and needle injections where there is a slight pinch to insert the needle and there is a potential for bruising at the site.

DIET & FLUID INTAKE

- Please consume more water for 7 days before the treatment
- Please increase your intake of water for a week before your treatment. Minimum 8 glasses a day, especially the day before your procedure.
- On the actual day of your procedure simply 500 mls of water before your session.
- Please eat a normal breakfast or lunch the day of your PRP session.

SUPPLEMENTS

- Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids and least one week before your treatment.
- Please stop multivitamins one week before your procedure as well.
- It's fine to continue iron and vitamin D.

ALCOHOL & SMOKING

- If possible, avoid alcohol for three days before your PRP session
- If possible, stop smoking or limit smoking for three days prior to your procedure. We find it really impacts on the healing process!

MEDICATIONS

- Avoid Aspirin, Advil, Motrin, Iburprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days before your procedure (if possible please avoid for 7 days). We want inflammation to occur – as this is one mechanism by which PRP works
- You may take Tylenol for any pains, discomforts or joint pains you may have.

SPECIFICALLY FOR HAIR TREATMENTS

SHAMPOOING

- Feel free to wash your hair the morning of the PRP session (or at least the day before).

HAIR COLOURING

- It is fine to colour treat your hair up to 3 days before the procedure.

POST TREATMENT INSRUCTUIONS

FOR FACE + HAIR PRP

Congratulations on completing your Arthrex® PRP Rejuvenation Session. It is not necessary to make many changes in your plans today – do whatever you wish with the exception of avoiding aspirin, Advil and alcohol.

Arthrex ACP is a totally natural treatment since it is derived from your own blood. However, the injection of your plasma is still a minor invasive procedure and most of the reactions that may occur are from the needles themselves. These reactions may include: redness, local swelling, itching, discolouration and tenderness. These are common to any injection procedure and are temporary, typically resolving on their own within 1 to 3 days. There is also potential for minor bruising in the treated area, which may last 3-10 days. We recommend that you plan your treatment when you can take some downtime if you feel necessary

AFTER YOUR FACE / SKIN TREATMENT

- DO NOT wash or touch the area treated for at least 8 hours the day of!

For the next 24 hours following the treatment do NOT:

- Apply make-up or touch the injection area / rub the skin treatment area
- Swim or undertake any strenuous exercise
- Expose yourself to long periods in the sun
- Expose yourself to extreme hot or cold temperatures (no sauna or steam room)
- Avoid using alcohol, aspirin, non steroid anti-inflammatory medications (such as ibuprofen)
- Undergo any peeling or laser treatments for at least 2 weeks after your treatment

AFTER YOUR HAIR TREATMENT

SHAMPOOING

- You can shampoo your hair the day after your procedure with any shampoo you wish.

HAIR COLOURING

- It is fine to colour your hair three days after the procedure.

HATS

- We recommend waiting until the following day to wear a hat. Limit sun on the area for 2 days.

SUPPLEMENTS

- Do not use blood-thinning agents such as vitamin E, vitamin A, ginko, garlic, flax, cod liver oil or essential fatty acids at least one week after your treatment.

SMOKING

- Avoid smoking cigarettes for three days (if possible) – we find it makes a big difference to healing.

MEDICATIONS

- Avoid aspirin, Advil, Motrin, ibuprofen, naproxen, Voltaren and other anti-inflammatory medications for 3 days after your procedure (if possible, try avoiding for 7 days). We want inflammation to occur!

Recommendations for best results and efficacy:

Face: A series of three treatments administered at 4 - 6 week intervals. Texture + tone improvement at 6 weeks

Hair: A series of four to five treatments at 4 week intervals. Medical data says there is a spike in growth at the 5th treatment. Results start to show 4 months after first session

Maintenance: Every 6 months

Please call 519.998.5043 or email info@subtlyyou.ca should you have any concerns!