

AFTER YOUR APPOINTMENT

PRF Hair Restoration

Follow your injector's personalized scalp-care plan. Contact the clinic with concerns about your recovery.

Follow your provider's personal instructions if they differ from this guide.

01 PROTECT YOUR SCALP

- For at least one hour, avoid ice, massage, rubbing or pressure unless your injector directs otherwise.
- Avoid shampoo for 24 hours. A comfortably warm shower may ease tenderness; avoid scrubbing injection sites.

02 MANAGE DISCOMFORT SAFELY

- Tenderness and swelling may peak during the first 24-72 hours, then gradually improve.
- Confirm how long to avoid ibuprofen or other anti-inflammatory pain relievers. Never stop prescribed medicines without the prescriber's advice.

03 RETURN TO YOUR ROUTINE

- If safe for you, use acetaminophen according to its label; avoid duplicate products. Ask your clinician first if you have liver disease.
- Ask before restarting scalp treatments or supplements, including Arnica. Call [801-281-3223](tel:801-281-3223) for persistent tenderness or swelling. Hair changes vary. Keep your scheduled review; avoid judging treatment during the first days of recovery.

GET HELP PROMPTLY

Call [911](tel:911) for trouble breathing, vision changes, facial drooping, sudden weakness or trouble speaking. Do not wait for a clinic reply.

Seek immediate medical care for severe or worsening pain or pale, blue or mottled skin. Call [801-281-3223](tel:801-281-3223); if unavailable, go to the ER.

Call the clinic promptly for fever, spreading redness, warmth, pus or rapidly increasing swelling.

QUESTIONS? CALL YOUR TREATMENT LOCATION.

Murray (801) 675-8954

Riverton (385) 209-1072