# INOVO MEDICAL

# Laser+PRP Hair Regeneration Pre and Post Instructions

We are looking forward to seeing you soon for your Laser+PRP session at INOVO Medical. PRP microneedling and direct PRP injections are an effective way to manage hair loss. In combination with Fotona Laser Hair Stimulation, ample results will be achieved. This stimulates hair follicles to effectively produce new hair. We recommend a total of 4 treatments to be looking your best! Of note, both treatments are effective whether in combination or not.

Please plan to be here for around 30 minutes for laser and 2 hours for PRP. Here are a few pre-procedure instructions that we find help optimize the results of the PRP hair treatment:

Shampoo and Hair Dye

- Please wash your hair the morning of the session.
- Do not dye or colour your hair during the seven days before and after the treatment.
- Please shampoo your hair the morning after your treatment.

Medications (only applicable for microneedling and injections - not laser)

- Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for seven days before your procedure and 6 weeks after the procedure.
  o 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.
- With your Doctor's approval, avoid all anticoagulants, such as:
  o Aspirin / ASA
  o Eliquis / Apixaban
  o Plavix / Clopidogrel
  o Savaysa / Edoxaban
  o Brilinta / Ticagrelor
  o Xerelto / Rivaroxaban
  o Pradaxa / Sabigatran
  o Coumadin / Warfarine

**\*\*Always consult your Family Doctor before making any changes to your medication\*\***

Congratulations! You've completed the PRP Hair Regrowth Procedure! There's no need to change your plans for today. Experiencing some mild soreness is normal. Although swelling is rare, it may occur. Let us know if you have concerns and need our help.

If you have any questions, concerns or experience any problems, please call our office at 613-749-4668.