



Platelet Rich Plasma (PRP) Hair Restoration is an experimental yet promising natural procedure aimed at preventing further hair loss and stimulating new, healthy hair growth. This treatment involves the injection of a concentrated solution of platelets, derived from one's own blood into areas of thinning hair or hair loss. The preparation of the PRP and the Hair Restoration procedure are all performed within 1 hour on the same day. Please read below for the risks associated with the procedure and pre & post treatment instructions. After reviewing this handout, please call Dr. Herman at 503.232.5653 if you have questions or concerns.

Potential Risks

- Bruising, swelling, or pain at injection sites
- Allergic response or anaphylaxis to anesthetics
- Nerve damage from injections.
- Small risk of infection at injection site, although risk is overall reduced with PRP compared to other injections

Pre-care Instructions:

- Avoid NSAID use 1 week prior to procedure (Alleve, Ibuprofen, Naproxen, Advil).
- Avoid coloring hair 2 weeks prior to procedure.
- Please prepare for the procedure by eating a full meal at least 2-3 hours beforehand.
- Drink plenty of fluids the day of and day prior to procedure.
- The procedure typically takes 45 - 60 minutes.

Post-care Instructions:

- Avoid NSAID use 1 week after the treatment. Use Tylenol or ice following the procedure if needed for pain associated with procedure or from other sources.
- Avoid coloring hair 2 weeks after treatment.
- Please consult with Dr. Herman regarding use of any steroid medication.

Expectations:

- For best results 3 - 6 monthly treatments may be required.
- Recommend maintenance treatment every 6-12 months following initial course of treatment

What to expect after treatments:

- Lingering soreness of scalp x 24-48hrs
- Slowing of hair shedding and gradual hair growth and over next 3-6 months.
- New hair growth typically noticed after the 2nd or 3rd treatment, with maximum effect occurring 3-9 months following 3rd treatment.
- Treatment effects, with potential for continued improvement, persist 6-12 months after last treatment
- While we cannot guarantee regrowth of new hair, rate of hair loss drastically declines in nearly 100% of patients while receiving treatments and for an average of 6-12 months following the last procedure.

Consent:

I have read, and understand the risks and benefits of **PRP Hair Restoration**, and wish to proceed with the procedure described above.

Signature: _____ Date: _____