Platelet Rich Fibrin (PRF) Hair Restoration is a natural treatment designed to slow hair loss and stimulate healthy new growth. A concentrated solution of platelets from your own blood is injected into areas of thinning or hair loss, with preparation and treatment completed in about 45 minutes. Please review the risks and pre- and post-treatment instructions below.

Patient Pre-treatment instructions:

- Avoid NSAIDs use 1 week prior to procedure (Aleve, Ibuprofen, Naproxen, Advil)
- Please consult with Dr. Herman regarding use of any steroid medications.
- Avoid coloring hair 2 weeks prior to or following procedure
- Drink plenty of fluids the day of and prior to your procedure.
- Exercising (ie HIIT) the morning before your procedure is not required, but encouraged to increase platelet concentration.
- Avoid meals with saturated fats (pork, red meat, fried foods, coconut-based) 12-24 hours prior to procedure. Eating an array of colorful fruits, veggies, seeds, nuts, fish, lean poultry is encouraged!
- Please inform the doctor before treatment if you:
    - Have particularly difficult veins for blood draws
    - Suffer from anxiety or panic attacks triggered by blood or needles

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 PRF compared to other injections

Procedure: Approximately 45 minutes or less

- Blood drawn & taken out of the room for processing into PRF
- “Before” pictures and scalp scan completed.
- Scalp is cleansed and prepped for injections.
- PRF injected subdermally (approx 2mm) into the scalp. Vibration bar is used for pain control during injections.

Patient Post-Treament Instructions:

- Avoid NSAIDs (such as ibuprofen, naproxen and aspirin) for 1 week after treatment. If needed, use Tylenol for any pain.
- Do not shampoo hair for 24 hours after treatment; hair may be rinsed with water
- Avoid steroid-containing medications or injections 1 month after treatment.
- Avoid coloring hair 2 weeks after treatment.
- Do not pick at scabs and/or flaking skin for 7 days post procedure.
- Use a clean pillowcase the night of the procedure.

Expected Results:

- Lingering soreness of the scalp over the next 24-48 hours
- Slowing of hair shedding over the next 1-6 months
- New hair growth typically noted after the 3rd treatment, with maximum effect of treatment occurring 3 months following 3rd treatment.
- Healthier hair overall: thicker, stronger, shinier with a less damaged appearance.
- Treatment effects, with potential for continued improvement, persists 6-12 months after last treatment
- While new hair growth can't be guaranteed, most patients see a significant reduction in hair shedding during treatment and for an average of 6–12 months afterward.

PRF Hair Indications:

In our clinical experience, PRF for Hair Restoration has helped improve hair loss and thinning associated with:

- Telogen effluvium: excessive shedding triggered by illness, nutritional deficiencies (such as iron deficiency anemia), stress, or rapid weight loss, including from GLP-1 medications
- Androgenetic alopecia: male and female pattern hair loss
- Thyroid disorders
- Autoimmune conditions, such as alopecia areata
- Menopause-related hair thinning

General recommendations:

- For best results, 3-6 monthly initial treatments are recommended. For androgenetic alopecia or more advanced hair loss, a series of 6 monthly treatments is advised.
- A single maintenance treatment is recommended every 6 months.
- Results vary from person to person and are influenced by diet, nutrition, stress, hormonal changes, underlying medical conditions, and lifestyle factors such as smoking and alcohol.
- We encourage following up 1-2 months after the last treatment for “After” pictures.

Consent to treatment:

I have read, and understand the risks and benefits of PRF Hair Rejuvenation, and wish to proceed with the procedure described above.

Name: _____Signature_____Date:_____