

PRFM Hair Restoration Pre & Post Care

Pre-Treatment Care

To optimize your results and ensure a smooth treatment experience:

- Avoid blood-thinning medications and supplements for 3–5 days prior, if medically appropriate:
 - Ibuprofen, aspirin, naproxen
 - High-dose Vitamin E
 - Fish oil / Omega-3s
- Avoid alcohol for 24 hours prior
- Stay well hydrated the day before and day of treatment (hydration improves PRFM quality)
- Eat a light meal prior to your appointment to prevent lightheadedness

Hair & Scalp Preparation

- Wash your hair the morning of your appointment
- Arrive with a clean, product-free scalp
- Avoid:
 - Hair products (gel, hairspray, dry shampoo)
 - Hair coloring, bleaching, or chemical treatments for 7 days prior

Medical Considerations

- Notify your provider of:
 - Recent infections or illness
 - Antibiotic or steroid use
 - Any changes in medical history

Post-Treatment Care

PRFM works by stimulating your natural hair follicles—proper aftercare supports optimal growth.

First 24 Hours

- Do not wash your hair
- Avoid touching, rubbing, or massaging the scalp
- Mild tenderness, tightness, or small bumps at injection sites are normal

First 48 Hours

- Avoid:
 - Exercise or sweating
 - Saunas, steam rooms, and hot yoga
- Keep the scalp clean and undisturbed

First 7 Days

- Avoid:
 - Hats, helmets, or tight headwear that applies pressure
 - Hair coloring, bleaching, keratin treatments, or chemical services
 - Aggressive scalp treatments or exfoliation

What to Expect

- Mild tenderness, fullness, or sensitivity for a few days
- Possible temporary shedding (“shock loss”) as follicles reset into a growth phase
 - This is normal and temporary

| Initial improvement may be seen around 8–12 weeks

| Continued growth and thickening occurs over several months

Treatment Plan

- Best results are achieved with a series of 3–4 treatments, spaced approximately 4 weeks apart
- Maintenance treatments may be recommended based on your goals
- Continue any prescribed hair growth regimen (topicals, supplements, peptides) unless otherwise directed

When to Contact RN Esthetics

Please notify us if you experience:

- Increasing pain, redness, or swelling at injection sites
- Signs of infection (warmth, drainage, fever, chills)
- Persistent discomfort or unusual reaction

Pro Tip

Hair restoration is a process, not an instant result. Consistency with your treatment plan and at-home regimen is key to achieving fuller, healthier hair.