

PRP FOR HAIR RESTORATION

Pre-Treatment Instructions

Pre-Treatment

- 24-48 hours prior to treatment.
- Increase your water intake, drink 6-8 glasses of water throughout the day.
- Eat a well-balanced diet.

Avoid:

- Aspirin/Advil/Motrin/Voltaren.
- Omega-3 Fatty Acids.
- Alcohol.
- Caffeine (coffee, green tea)
- Smoking.
- Vitamin E.

The day of your appointment:

- Drink 2 glasses of water before arriving to your appointment.
- AVOID caffeine (coffee, green tea), smoking, alcohol.
- Eat a well balanced diet.
- Wash your hair. Avoid gel/hairsprays.

Please contact True Balance if you have any questions or concerns following your treatment - we are always happy to help!

Thank you for choosing True Balance Medical Spa. To provide our guests with the best experience possible, we kindly request that a minimum 24 hours' notice is provided if unable to make an appointment; cancellation or no-show fees may apply. We look forward to seeing you soon!