

# lachele

AESTHETICS & WELLNESS

## **PRFM Hair Restoration Post Treatment Instructions**

- Please avoid heavy exercise today. You may resume your exercise routine tomorrow.
- You may wash your hair the day after your appointment.
- Please do not use any styling products, such as gel or mousse, for 24 hours afterwards and wait at least one week before coloring your hair.
- Please limit sun exposure to the area for 2 days afterwards. You may wear a hat to cover up.
- Alcohol and cigarettes should be avoided for at least 3 days after this procedure, as these can dramatically impede the healing process.
- Tylenol may be taken for any pain or discomfort.
- It is recommended to sleep propped up on two pillows for the first three nights post treatment to help prevent inflammation of the scalp.
- We recommend taking Nutrafol hair supplements in conjunction with your PRP treatment. You can take these supplements before, during and post procedure. They are available for purchase in the La Chelé retail space.
- If you have purchased or plan to rent the LaserCap, you may begin use 48 hours post treatment.
- Results will gradually unfold depending upon the level of treatment administered. Results will progress over the course of a year. Treatment dates will be based upon individual results and on an as needed basis.
- We would like you to come in for follow up pictures at 3-, 6-, 9- and 12-months post procedure to evaluate results. Reminder for our patients with short hair: Please schedule your follow up right 'before' your next haircut, so it is not too short for us to hair check.

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at [team@lachele.com](mailto:team@lachele.com)