

# lachele

AESTHETICS & WELLNESS

## **PRFM Hair Restoration Pre Treatment Instructions**

- Please come with CLEAN hair the day of your appointment. Do not apply styling products the day of your appointment. It is acceptable to color your hair up to 3 days prior.
- Please avoid heavy exercise the day prior to your procedure.
- It is helpful to increase your fluid intake the day before your treatment.
- Be sure to eat a normal breakfast and/or lunch the day of your treatment.
- You will need to wait approximately one week after your procedure before coloring your hair.
- At least one week before your treatment, please stop taking multivitamins and any other blood thinning agents such as Vitamin E, Vitamin A, Niacin, Essential Fatty Acids such as Flax or Cod Liver Oil, and Garlic.
- Alcohol and cigarettes should be avoided at least 3 days prior to this procedure, as these can dramatically impede the healing process.
- Do not consume aspirin, Advil, Motrin or any other anti-inflammatory products for one week prior to your procedure. Tylenol may be taken for any pain.
- You may bring a hat to wear home from your procedure. You will be given a sterile cap that you can place a hat over top of.
- We recommend taking Nutrafol hair supplements in conjunction you're 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 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)