

THE MEDSPA AT PSIM

HAIR RESTORATION

WHAT

A comprehensive treatment protocol involving topical medications, Nutrafol supplements, and in office PRP/ACell injections. The goal is to stop hair loss, induce hair growth, and thicken hair follicles.

WHO

Typical target areas are those with wispy, thinning, minimizing hair follicles. Areas without any hair will not be treated; it is not possible to wake up follicles that no longer exist. Male pattern baldness, stress, post-partum, hypothyroidism, and nutrition/weight loss are the most common reasons for hair loss.

Certain baseline health conditions should be addressed prior to treatments to eliminate possible factors causing hair loss. Patients chronically being treated with steroids, immunocompromised, uncontrolled hypothyroidism, or those with inability to intake pork derivative should not undergo treatments.

HOW

PRP is platelet rich plasma. It is derived from your own whole blood, after being spun and separated from the red blood cells. PRP releases growth factors and increases the blood circulation, causing increase in strength and size of the hair follicles. ACell is composed of naturally occurring porcine cellular tissue. ACell is FDA approved for wound repair and remodeling, and used off label in hair restoration for facilitating these properties in hair growth. It has been decellularized and is completely resorbable. ACell is mixed into the PRP and is injected directly into the scalp.

Topical medication for the scalp, dispensed from a pharmacy, is comprised of: Minoxidil for growth, Tretinoin for penetration, and Fluocinonide to negate irritation. In some cases, finasteride or spironolactone can be additionally added for DHT hormone blocking properties if needed.

Nutrafol is a powerful blend of nutrients and vitamins with clinical studies showing affinity for hair growth.

WHEN

Treatment schedule:

Consultation - begin topical medications and Nutrofol supplements.

1st Treatment - 2-4 weeks following initial consultation/initiation of medications

2nd Treatment - 6-8 weeks following 1st treatment

3rd Treatment - 6 months following 2nd treatment

Maintenance - 1-2 treatments per year ongoing

Results may vary, but you should begin to see improvement in hair growth and thickness 8-12 weeks after the procedure. As your hair follicles go through the growth cycle, gradual improvements occur over the next six months to a year. 3 treatments of PRP injections with ACell are necessary for the initiation of treatment. Treatment regimen is a commitment. It must be ongoing and continued in order to maintain results.



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PRE-TREATMENT INSTRUCTIONS

Begin topical medication/vitamin regimen and schedule first in office treatment within 2-4 weeks. This will help decrease the effects of the initial shedding phase after starting medication.

On the day of treatment, arrive with clean hair. Do not apply any extra products to the hair or scalp. Exercise before the treatment is acceptable, provided hair is washed prior to arriving.

Pre-treatment baseline photos will be taken.

Arrive hydrated as blood will be drawn. The PRP will be prepared for injection. Processing time will take approximately 30 minutes while you wait. Injection process will take approximately 15 minutes. Plan to be in office for 1.5 hours for your visit.

Injections in the scalp can be painful. A cooling device will be aimed at treatment site during procedure to assist with discomfort. If you are very pain averse or needle-phobic, please inform your provider as ProNox gas may be right for you.

POST-TREATMENT INSTRUCTIONS

Immediately post treatment, the scalp will be treated with antibacterial solution and massaged to calm the tissues. Be prepared for residual redness or blood to be visible until hair can be washed.

Swelling and soreness of the scalp will occur. It will set in 1-3 days after the procedure but it may continue for 3-5 days. You may notice the swelling spread downwards, such as on the forehead. This is normal and expected.

Hair may be washed 6 hours after procedure. Warm water will promote the PRP effects. Keep scalp clean for 24 hours as to prevent bacteria in the area.

Exercise can resume the day following treatment, though swelling may cause discomfort.

No NSAIDS (Aspirin, Ibuprofen, Advil etc.) or steroids for 3-5 days before and after treatment as to not inhibit inflammation. The goal is to encourage the body's natural healing process for growth. Tylenol is approved to take.

Avoid excessive heat or sun exposure for 3 days.