



PRF (PLATELET-RICH PLASMA) FOR HAIR RESTORATION AFTERCARE AND CONSENT FORM

Procedural Description

PRF hair restoration is a progressive, natural approach to promoting hair regrowth by activating dormant hair follicles and enhancing scalp health. By harnessing the body's own healing factors, PRF supports the growth cycle of hair, especially in areas affected by thinning or early hair loss. This treatment uses a concentrated amount of fibrin-rich platelets, drawn from a small blood sample, which is then processed and injected directly into the scalp. The goal of PRF is to improve hair density, thickness, and texture over time without the use of synthetic additives.

Treatment Expectations

PRF does not produce immediate results, as hair regrowth is gradual and requires a series of sessions for optimal effectiveness. Patients generally notice a reduction in hair shedding and a visible improvement in hair thickness and quality within a few months. To achieve the best outcome, we typically recommend:

- **Initial Treatment Series:** Three monthly sessions to establish a strong foundation for hair regrowth.
- **Follow-Up Appointment:** A booster session 4-6 months after the initial series.
- **Maintenance:** Yearly maintenance sessions to sustain and reinforce the results.

Results will vary based on individual factors such as the extent of hair loss, age, hormonal profile, and genetics. Most clients experience visible regrowth by the third or fourth session, with continued improvement over time. While PRF can enhance hair fullness and texture, it's important to set realistic expectations; complete restoration of hair density or coverage may not be possible for everyone.

Supporting Your Hair Growth Journey

Hair regrowth is best approached from multiple angles to achieve and maintain optimal results. In addition to PRF, consider integrating the following into your hair health regimen:

- **Hair Growth Supplements:** Nutritional support, such as high-quality hair vitamins, can provide essential nutrients for healthier hair.
- **Topical Medications:** Treatments like minoxidil can be used alongside PRF and Exosomes for additional follicle stimulation.
- **Scalp Health Maintenance:** HydraFacial Keravive treatments can cleanse and exfoliate the scalp, enhancing treatment effects.
- **Low-Level Laser Therapy (LLLT):** Devices emitting low-level lasers can stimulate hair follicles and promote regrowth. This non-invasive therapy has shown promise in improving hair density and thickness.
- **Regular Scalp Massages:** Scalp massages can improve blood circulation to hair follicles, which may enhance hair growth and improve scalp health.
- **Stress Management Techniques:** Chronic stress can contribute to hair loss. Techniques such as meditation, yoga, or mindfulness can positively impact hair health.

- **Avoiding Tight Hairstyles:** Avoid hairstyles that pull tightly on the hair, as these can lead to traction alopecia, a type of hair loss over time.
- **Regular Medical Check-Ups:** Certain medical conditions, such as thyroid disorders or hormonal imbalances, can affect hair health. Regular check-ups can help identify and manage underlying health issues contributing to hair loss.

We encourage you to discuss these options with your provider to develop a comprehensive plan tailored to your unique needs and goals. A multi-faceted approach often yields the best long-term results, providing a healthier environment for sustained hair growth.

Pre-Treatment Instructions

- **Hydrate:** Drink plenty of water leading up to your appointment to assist with blood draw.
- **Avoid Certain Medications:** Discontinue blood thinners (e.g., vitamin E, garlic, Ginkgo) at least 7 days prior, unless advised otherwise by your physician.
- **Inform Your Provider:** Notify us if you're taking any blood thinners, beta-blockers, or other medications that might affect the treatment.
- **Limit Sun and Alcohol Exposure:** Avoid excessive sun or heat exposure and reduce alcohol intake.

Post-Treatment Instructions

- Mild redness, swelling, and soreness may occur but should subside within 2-5 days.
- **Avoid Anti-inflammatories:** For 3 days, refrain from medications like aspirin, ibuprofen, or naproxen, as inflammation aids PRF's effects.
- **Hair Care:** Wait at least 3 hours post-treatment before wetting your hair and avoid hair products for 6 hours.
- Avoid intense exercise, direct sun exposure, and extreme heat for 2 days.
- Avoid alcohol, caffeine, and smoking for 3 days post-treatment.

Acknowledgement of Risks and Side Effects

I understand that, while PRF is a minimally invasive, natural treatment, there are risks, including but not limited to:

- **Bleeding:** Minor bleeding may occur at injection sites.
- **Temporary Hair Shedding:** Some patients may experience temporary hair loss, which typically resolves as new growth begins.
- **Infection:** Though rare, infection at the injection site may occur.
- **Bruising and Redness:** Temporary pinkness and bruising are common.
- **Unsatisfactory Result:** While improvement is expected, individual results vary.

CONSENT TO PROCEED

By signing below, I acknowledge that I have read and understood the information provided in this consent form. I am aware of the risks and benefits and agree to adhere to pre- and post-treatment guidelines to maximize my results. I acknowledge that PRF hair restoration is an elective procedure and may not be covered by my insurance. I accept full financial responsibility for all costs associated with this treatment, as detailed in Honey Skincare Studio's financial policies.

PRINTED NAME:

SIGNATURE:

DATE:
