



HAIR RESTORATION WITH PRFM (SELPHYL)

WHAT

A comprehensive treatment protocol involving topical and/or oral medications and in office PRP injections. The goal is to reduce 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, and those with uncontrolled hypothyroidism should not undergo treatments.

HOW

Platelet Rich Plasma, "PRP" is a component of blood that has been shown to have rejuvenating effects on hair by stimulating stem cells, prolonging dermal papillar cell survival, extending the hair growth cycle, and increasing blood supply. This results in increased hair growth and thickness.

The Platelet-Rich Fibrin Gel technique uses a specialized system that converts PRP into Platelet-Rich Fibrin Matrix (PRFM). This process results in a release of growth factors for 7 days, increasing the effects of PRP.

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.

Oral medications can be comprised of Minoxidil, Finasteride, or Spironolactone.

WHEN

Results may vary, but you should begin to see improvement in hair growth and thickness as early as 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 are necessary for the initiation of treatment. Subsequent treatments should be performed once every 6-12 months.

Treatment regimen is a commitment. It must be ongoing and continued in order to maintain results.



HAIR RESTORATION

PRE-TREATMENT INSTRUCTIONS

Begin topical/oral medication 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 PRFM 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.

Avoid washing hair for 3 days.

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

No NSAIDS (Aspirin, Ibuprofen, Advil etc.) or steroids for 1 week before and after treatment as to not inhibit the body's natural healing process for ultimate growth. Tylenol is approved to take.

Avoid excessive heat or sun exposure for 3 days.