

CHELSEA OBOURN MD  
**LAKESIDE**  
COSMETIC CENTER

### **Pre-Treatment Instructions- Hair Restoration**

- \* Please avoid excessively strenuous exercise **1 day** prior to your treatment.
- \* Increase your intake of fluid **1 day** prior to your treatment.
- \* Make sure to avoid alcohol and smoking **3 days** prior to your hair restoration treatment.
- \* The use of hair dye is okay for up to **3 days** prior to your treatment.
- \* Please make sure to wash the hair and refrain from the use of styling products **the morning** of your treatment.
- \* Please **stop** the use of all blood thinners, multivitamins, and supplements **7 days** prior to your treatment. (i.e. Vitamin E, Vitamin A, Ginko, Garlic, Flax, Cod liver oil, Niacin, and Essential fatty acids.)
- \* Avoid Aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other non-steroidal anti-inflammatory (NSAID) medications **7 days** prior to your treatment. It is okay to take Tylenol for pain.

### **Post-Treatment Instructions- Hair Restoration**

- \* Avoid strenuous activity immediately following your treatment. (i.e. heavy exercise, yoga, excessive bending).
- \* Avoid the use of hair dye for at least **3 days** post treatment.
- \* You may resume normal hair washing **the morning** following your treatment.
- \* Please refrain from the use of hair styling products for **24 hours** post treatment.
- \* Limit sun exposure on the treated area for **2 days** post treatment. The wearing of a hat outdoors is recommended during this time.
- \* Avoid blood thinners, multivitamins, and supplements for at least **7 days** after your treatment. (i.e. Vitamin E, Vitamin A, Ginko, Garlic, Flax, Cod liver oil, Niacin, and Essential fatty acids.)
- \* Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren, and other non-steroidal anti-inflammatory (NSAID) medications **5 days** post treatment. It is okay to take Tylenol for pain.
- \* It is normal for numbness, redness, bruising, soreness, itching, and swelling of the scalp, forehead, and eyelids to occur.
- \* If you have any questions or concerns, please do not hesitate to call our office at **585-905-3414**.