

**NuVie MD - 4980 Barranca Pkwy Ste 201, Irvine, CA 92604
- (949)485-2100**

Hair Restoration Injections (PRP / Exosome) Post-care

- You may notice **mild redness, swelling, or tenderness** at the injection sites — this is normal and should improve within 1–2 days.
- Do not touch, rub, or massage your scalp for **at least 8 hours**.
- **Avoid washing your hair for 24 hours** post-treatment. After 24 hours, use a gentle shampoo.
- No hair dye, chemical treatments, or harsh products for **at least 72 hours**.
- Avoid **saunas, steam rooms, swimming, and intense workouts** for 24–48 hours.
- Do not take anti-inflammatory medications (Advil, ibuprofen, etc.) for 1 week, as they may interfere with healing.
- Resume normal hair care after a few days as comfort allows.
- For best results, a **series of treatments** (typically 3–6 sessions) may be recommended.



Note: Mild shedding can sometimes occur before new growth begins — this is temporary.