Body+Beauty Lab®

ADVANCED HAIR RESTORATION PATIENT EDUCATION

Our **Advanced Hair Restoration Protocol** combines your body's own growth factors from **PRF** with a regenerative peptide blend of **GHK-Cu**, **BPC-157**, **and TB-500**. These are injected into targeted areas of the scalp during your in-office treatment to support scalp health, follicular repair, and healthier hair growth.

GROWTH FACTORS

Platelet-Rich Fibrin (PRF) is prepared from a small sample of your own blood. The concentrated platelets and naturally occurring growth factors are then injected into areas of hair thinning. These growth factors help stimulate the body's natural healing response and create a healthier environment around the hair follicles to support **tissue repair, follicular regeneration, and new hair growth.**

REGENERATIVE PEPTIDE BLEND

GHK-Cu + BPC-157 + TB-500

To further support the regenerative process, a specialized peptide blend is injected into targeted areas of the scalp:

- **GHK-Cu:** A naturally occurring copper peptide that supports tissue remodeling, scalp health, and pathways involved in healthy hair growth and density.
- **BPC-157:** Supports tissue healing, angiogenesis (formation of new blood vessels), and a healthy inflammatory response.
- **TB-500 (Thymosin Beta-4):** Supports cellular repair, tissue regeneration, and the healing environment surrounding the hair follicles.

WHY COMBINE THEM?

PRF provides your own concentrated growth factors to stimulate the healing and regenerative process, while the peptide blend provides additional support for **tissue repair, circulation, scalp health, and follicular recovery**.

Together, these therapies are designed to optimize the environment surrounding your hair follicles and support **stronger, healthier, and denser hair growth over time**.

Hair restoration is a gradual process. Results vary between individuals and typically develop over several months as the hair follicles progress through their natural growth cycles.

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TREATMENT SCHEDULE

- **Initial Series:** 3 treatments, approximately **4–6 weeks apart**
- **Additional Treatment:** Additional sessions may be recommended based on your response.
- **Maintenance:** Every **3–6 months** as needed.

Please schedule your next treatment at checkout to ensure availability.

CONTRAINDICATIONS & PRECAUTIONS

Treatment may not be appropriate if you are **pregnant or breastfeeding**, have an **active scalp infection** or take certain **immunosuppressants, anticoagulants, or medications that increase bleeding risk.**

Please provide an updated medication, supplement, and medical history before treatment.

WHEN TO CONTACT US

Contact our office for **worsening pain, redness, warmth or swelling, fever, drainage, signs of infection, or any unexpected reaction.**

Seek urgent medical attention for difficulty breathing, facial/throat swelling, or other signs of a severe allergic reaction.

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BEFORE YOUR TREATMENT

Proper preparation helps support platelet quality, makes your blood draw easier, and may help minimize bruising and irritation.

2 WEEKS BEFORE

Avoid steroid treatments unless medically necessary or otherwise discussed with your provider.

3 DAYS BEFORE

- Avoid **NSAIDs** such as ibuprofen (Advil/Motrin) and naproxen (Aleve), if medically appropriate.
- Avoid supplements that may increase bleeding or affect platelet function, including **high-dose fish oil, turmeric/curcumin, vitamin E, and ginkgo**, if medically appropriate.
- Avoid excessive alcohol.
- **Do not stop aspirin, prescription blood thinners, or other prescribed medications without first discussing this with the healthcare provider who manages them.**

DAY BEFORE & DAY OF TREATMENT

- **Hydrate well.** Drink plenty of water the day before and morning of your appointment. Good hydration can make your blood draw easier.
- **Eat before your appointment.** Do not arrive fasting unless specifically instructed.
- **Wash your hair and scalp thoroughly** prior to your appointment as instructed by your provider.
- Arrive with **clean, dry hair and scalp with no hair or styling products applied.**
- Do not use **hair gel, pomade, wax, clay, styling cream, hairspray, dry shampoo, oils, serums, hair fibers/concealers, or other styling products** on the day of treatment.
- Do not apply topical hair treatments, including **minoxidil**, on the day of treatment.
- Wear comfortable clothing. A button-down or loose-neck shirt is recommended so you do not need to pull tight clothing over your scalp afterward.
- Let us know before your appointment if you are sick or have an **active rash, wound, infection, or significant scalp irritation.**

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AFTER YOUR TREATMENT

FIRST 24 HOURS

- **Do not wash or wet your scalp for the remainder of the day.**
- Avoid touching, rubbing, scratching, or massaging the treated areas.
- **Do not apply hair or styling products** to the treated scalp.
- Avoid tight hats or headwear that rub against the treated areas.
- Avoid strenuous exercise and excessive sweating.
- Avoid saunas, steam rooms, hot tubs, and excessive heat.
- Sleep with your head slightly elevated the first night if you experience swelling or tenderness.
- **For swelling or discomfort:** A cool compress or wrapped ice pack may be applied gently for **5–10 minutes at a time as needed.** Avoid placing ice directly on the skin or applying firm pressure to the treated areas.

THE FOLLOWING DAY

- Gently wash your hair with a **mild shampoo and lukewarm water.**
- Avoid aggressive scrubbing or massaging of the scalp for the first 48 hours.
- Avoid hair coloring, bleaching, chemical treatments, or other potentially irritating scalp treatments for **at least 3–5 days.**

HAIR & STYLING PRODUCTS

Avoid **all hair and styling products for 24 hours**. After 24 hours, gently wash your scalp before resuming products. If the scalp remains **red, tender, or irritated**, wait **48 hours or until healed.**

EXERCISE

Avoid strenuous exercise and heavy sweating for **24–48 hours** following treatment.

MEDICATIONS

Unless medically necessary, avoid **NSAIDs such as ibuprofen (Advil/Motrin) and naproxen (Aleve) for approximately 1 week after treatment.** NSAIDs decrease inflammation, while this treatment is intended to stimulate a controlled inflammatory healing response.

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AFTER YOUR TREATMENT

Acetaminophen (Tylenol) may be taken as directed for discomfort, unless otherwise advised by your healthcare provider.

Minoxidil may typically be resumed after **24–48 hours** once the scalp is no longer irritated, unless otherwise instructed.

Do not discontinue aspirin, prescription blood thinners, or other prescribed medications unless specifically instructed by the healthcare provider managing them.

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WHAT TO EXPECT

It is normal to experience temporary:

- Scalp tenderness or sensitivity
- Mild redness or pinpoint bleeding
- Mild swelling or bruising
- Tightness or tingling
- Mild headache

Mild inflammation after treatment is expected and is part of the regenerative healing response we are trying to stimulate. These symptoms generally improve within a few days.

Some patients may notice a **temporary increase in shedding** after treatment. This can be a normal part of the hair-growth cycle and does not necessarily mean your hair loss is getting worse. Hairs that are already in the **shedding (telogen) phase** may need to complete this phase before the follicles transition back into the **active growth (anagen) phase**.

If shedding occurs, it is typically temporary as the follicles progress through their natural growth cycle and prepare for new growth.

WHEN WILL I SEE RESULTS?

Hair restoration is gradual because hair grows in cycles. Some patients may notice **less shedding or early changes within 2–3 months**, with more noticeable improvements in **hair growth, thickness, and density around 3–6 months.** Results may continue to develop over **6–12 months.**

HOW LONG DO RESULTS LAST?

Results vary and are not permanent, as natural aging and underlying contributors to hair loss can continue. These may include **genetics, inadequate protein or nutrient intake, hormonal or thyroid imbalances, stress, poor sleep, illness, autoimmune or inflammatory conditions, rapid weight loss, medications, and scalp health.**

Results may last **a year or longer** for some patients, especially when underlying contributors are identified and well managed. Maintenance treatments every **3–6 months as needed** may help support and preserve results.

Individual response varies based on the cause and degree of hair loss, age, overall health, and consistency with the recommended treatment plan.

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SUPPORTING YOUR RESULTS

Hair growth is influenced by your overall health. Addressing underlying contributors to hair loss can help support and maintain your results, including:

- **Nutrition:** Adequate protein, calories, iron, zinc, vitamin D, B vitamins, and other essential nutrients
- **Hormonal health:** Thyroid function, estrogen, progesterone, testosterone, and other hormonal imbalances
- **Stress:** Chronic physical or emotional stress can disrupt the normal hair-growth cycle
- **Sleep:** Poor or inadequate sleep may affect recovery, hormones, and overall follicular health
- **Illness or surgery:** Significant illness, infection, surgery, rapid weight loss, or other physical stressors can trigger temporary shedding
- **Autoimmune or inflammatory conditions:** Certain conditions can directly affect the scalp or hair follicles
- **Medications:** Some medications may contribute to increased shedding or hair thinning
- **Scalp health:** Inflammation, irritation, or other scalp conditions may interfere with healthy hair growth

Stay well hydrated, prioritize a **protein-rich, nutrient-dense diet**, manage stress, get adequate sleep, and continue any recommended hair-growth medications or supplements.

Optimizing these underlying factors is an important part of achieving and maintaining the best possible results from your hair restoration treatments.

CONSIDER OUR FUNCTIONAL & INTEGRATIVE HEALTH PROGRAM

For patients interested in a deeper evaluation, our **Functional & Integrative Health Program** can help identify and address underlying factors that may contribute to hair loss, such as **nutritional deficiencies, thyroid or hormonal imbalances, metabolic health, inflammation, stress, and other health concerns.**

Personalized lab testing, nutrition, supplements, lifestyle recommendations, and treatment options may be used to help optimize your health **from the inside out and support your hair restoration results.**

REMEMBER

Hair restoration is gradual. **Consistency with your treatment plan, good nutrition, and addressing underlying contributors to hair loss can help optimize your results.**