



# immature

*The audacity to stay young.*

PATIENT GUIDE

PRP FOR HAIR RESTORATION

NEW YORK

# Understanding *hair loss*.

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The most common cause of thinning in both men and women is androgenetic alopecia, also called pattern hair loss.

80%

of men develop pattern hair loss by age seventy.

50%

of women develop pattern hair loss by age seventy.

## THE HAIR CYCLE

### GROWTH

Two to six years. The follicle actively produces hair.

### TRANSITION

A few weeks. Growth stops and the follicle contracts.

### REST

About three months. The hair is released and a new one begins.

In pattern hair loss, hormonal sensitivity at the follicle shortens the growth phase with every cycle. The follicle gradually miniaturizes, producing finer and shorter hairs, until some stop producing visible hair at all.

It is progressive. The earlier treatment begins, the more follicles there are to protect.



## 02 · HOW PRP WORKS

# Your own blood, *concentrated.*

Platelets carry growth factors, including PDGF, VEGF and IGF-1. Placed at the follicle, they support its blood supply, extend the growth phase and slow miniaturization.

It is your own blood. There is nothing foreign for the body to react to.

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**The draw.** A small amount of blood is taken from your arm, the same as a routine blood test.

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**The separation.** It is spun twice in a centrifuge. The double spin concentrates the platelets into a small volume of plasma, several times their level in normal blood.

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**The treatment.** The plasma is injected into the scalp across the thinning areas, at the level of the follicle.

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## What the research shows.

29 of 30

published studies reported improvement, in a 2020 review covering 687 patients.

25

more hairs per square centimetre than placebo, on average, across two separate meta-analyses.

43

randomized controlled trials and 1,877 patients in the largest review to date, published in 2025. PRP increased density and reduced shedding.

18

additional hairs per square centimetre at five to six months when PRP is added to minoxidil, compared with minoxidil alone.

### WHAT PRODUCES THE STRONGEST RESULTS

More sessions, spaced closely together.

Double spin preparation.

Treatment in the earlier stages of thinning.

The Immature protocol is built on all three.

### WHAT PRP DOES

PRP increases density and reduces shedding.

It works through follicles that are still active. It cannot restore follicles that are already gone, which is why early treatment matters.

Results are held with maintenance sessions.

## Who it suits.

PRP is most effective in early to moderate thinning, while follicles are still active. The earlier treatment begins, the more there is to protect.

### WELL SUITED

Men and women with thinning at the crown, part line or temples.

Anyone using minoxidil or finasteride. PRP works alongside both.

Anyone who prefers a treatment made from their own blood.

### NOT SUITABLE

Platelet or bleeding disorders.

Active cancer or chemotherapy.

Active infection on the scalp.

Pregnancy or breastfeeding.

*Thinning that is sudden, patchy or all over may have another cause, such as thyroid function, iron levels, stress or medication. Immature may ask for bloodwork before starting.*

## 05 · BEFORE YOUR APPOINTMENT

## One week before.

Pause over the counter ibuprofen, Advil, aspirin and naproxen. They reduce platelet function, and platelets are the treatment. Paracetamol or acetaminophen is fine.

No hair colour, bleach, keratin or chemical treatments.

Tell us about any hair loss treatments you use, including minoxidil and finasteride.

### DO NOT STOP PRESCRIBED MEDICATION

If a doctor has prescribed a blood thinner or aspirin (Eliquis, Xarelto, Coumadin, Pradaxa, Plavix, low dose aspirin for your heart), keep taking it exactly as prescribed. Stopping one carries a real risk of clot or stroke. No cosmetic appointment is worth that.

Tell us at booking and Immature will plan around it. Only the doctor who prescribed it can change it.

#### 05 · BEFORE YOUR APPOINTMENT

## The day *before*.

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Drink plenty of water. A well hydrated arm makes the draw quicker and easier.

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No alcohol.

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#### 05 · BEFORE YOUR APPOINTMENT

## On the *day*.

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Eat beforehand and keep drinking water. Feeling faint is more common on an empty stomach.

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Wash your hair that morning and leave it free of products: no oils, sprays, gels or dry shampoo.

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Allow 60 to 90 minutes.

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Please do not bring young children. We need your full attention and ours.

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If you feel unwell that morning, call us.

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#### 06 · DURING YOUR TREATMENT

## During your *treatment*.

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Photographs are taken at every session, in the same light and position.

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A small amount of blood is drawn from your arm.

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While it is prepared, your scalp is cleansed and numbed for comfort.

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The plasma is placed in small injections across the thinning areas.

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Most people return to their day straight afterwards.

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## What is normal *afterwards*.

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Tenderness and a tight feeling across the scalp for a day or two.

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A mild headache. Paracetamol or acetaminophen is fine.

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Pinpoint bleeding and small scabs at the injection points.

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Swelling that can drift down to the forehead or around the eyes on day one or two. It settles on its own.

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Some people notice more shedding in the first weeks. This is usually temporary and settles.

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## The first 72 hours.

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Do not wash your hair until the next morning. Then use a gentle shampoo and lukewarm water.

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No heat for 24 hours: no sauna, steam room, hot yoga, hot tub or very hot showers.

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No vigorous exercise for 24 hours. Walking is fine.

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No alcohol for 24 hours.

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No minoxidil for 24 hours.

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No anti-inflammatories for 72 hours. The mild inflammation after treatment is part of how PRP works. Paracetamol or acetaminophen is fine.

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No colour, bleach or chemical treatments for 72 hours.

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Avoid rubbing, scratching or massaging the scalp.

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BEFORE



AFTER



## 09 · RESULTS AND UPKEEP

# Results take *time*.

**1 TO 3 MONTHS** Shedding often slows first.

**3 TO 6 MONTHS** Visible density builds.

**6 MONTHS** Your review, with comparison photographs.

## YOUR PLAN

**Initial series.** Three sessions, four weeks apart.

**Maintenance.** One session every four to six months.

Pattern hair loss is ongoing. Maintenance holds the result. If treatment stops, the gains gradually fade.

### PLEASE DO NOT JUDGE YOUR RESULT BEFORE SIX MONTHS

Hair grows about a centimetre a month, and new growth takes time to show at the surface.

Immature does not assess the result until your six month review, with photographs taken in the same light and position as your first session.

# Call immediately, *day or night.*

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Spreading redness, heat or swelling on the scalp.

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Pus, or a wound that is not healing.

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Fever, or feeling unwell after treatment.

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Pain that is getting worse rather than better.

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Swelling that is still increasing after 72 hours.

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These are rare. They are also time critical, and we would far rather see you for nothing than late. Do not wait until morning and do not message and hope. Call.

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CLINIC NUMBER

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AFTER HOURS

*Call during normal hours if shedding feels heavier than expected after the first month, a scab has not healed after a week, or anything is simply worrying you. Nothing on this list is a nuisance to us.*

# Why *Immature*.

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Immature approaches hair loss with a familiarity that comes from lived experience, not only clinical training. PRP is a treatment Immature believes in: of thirty published studies reviewed in 2020, all but one reported improvement.

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|---------------------|---------------------------------------------------------------------------------------------------------|
| CLINICAL BACKGROUND | Founded by Neala, RN, with nearly a decade across neurosurgery, emergency nursing and Level I trauma.   |
| EXPERIENCE          | Ten years as an aesthetic injector, specializing in advanced procedures.                                |
| THE DRAW            | Every blood draw is performed by the clinician treating you.                                            |
| THE PROTOCOL        | Double spin preparation, a three session series four weeks apart, and maintenance timed to your result. |
| THE RECORD          | Standardized photographs at every session, so progress is measured, not guessed.                        |
| THE ROOM            | Private, closed door and referral only. Discretion is part of the treatment.                            |

# We will see you at *six months*.

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Bring any questions, and tell us honestly how you feel about your hair, including if you expected more. That conversation shapes your maintenance plan.

*PRP is not permanent and it is not a single treatment. Pattern hair loss continues in the background, and maintenance every four to six months is what holds the result.*

I have received, read and understood these instructions and I have had the chance to ask questions.

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SIGNATURE

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DATE

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