

SHAHINA HOJA

AESTHETICS

EXOSOMES PRE AND POST CARE FORM

Before Your Treatment

Avoid taking anti-inflammatory drugs such as aspirin, naproxen, or ibuprofen at least three days before exosome treatment.

You should not wash your hair for at least 12 hours, and you should not use any hair care products on the day of your appointment.

You should be sure to drink plenty of water on the day before your treatment so that your body is primed to absorb the exosomes.

To decrease the chances of lightheadedness during your treatment, ensure you have had a recent meal, including food and drink, before your procedure. Please warn the provider if you have a history of fainting.

What to Expect During the Treatment

Little discomfort during and after your procedure.

You may experience some tenderness to the touch immediately following your exosome's treatment.

You can expect natural hair regrowth in as little as two to three months.

Your new hair growth may continue over the course of a year.

Post-Treatment Instructions

After your treatment, you should wear a loose hat or hood over your head to protect your scalp from sunlight for at least 24 hours.

You should continue to drink water and eat a balanced diet on the day of your treatment.

We ask that you refrain from vigorous exercise for 24-48 hours after the procedure to decrease the risk of swelling.

You may shower as usual and return to your normal hair care routine the morning after the procedure.

You may return to work the same or next day.

Do not take any anti-inflammatory medications like ibuprofen or naproxen for three weeks post-treatment.

Drinking alcohol, taking tobacco products, and eating foods rich in salt and sugar must also be avoided within 24 hours after treatment.

You will want to avoid washing your hair for at least one or two days. You should also avoid hot water, scalp massaging, or any other rough treatment of your hair that can potentially dislodge hair from the scalp.

For proper recovery, patients must be advised to space their therapy for 3 to 6 months in between treatments.

Abnormal Healing. If you notice any blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion,) or any other problems, or if you feel you are having an adverse event, please contact us.