



EXOSOMES FOR HAIR RESTORATION AFTERCARE + CONSENT FORM

Procedural Description

Distinguishing between hair loss and hair thinning is essential. Hair thinning might be temporary or an initial sign of hair loss, while hair loss denotes the permanent halt of hair growth. Whether you're facing hair thinning or hair loss, the quest for a treatment to boost hair growth is likely driven by the desire to maintain self-assurance and confidence. Here at Honey Skincare Studio, we acknowledge the potential of exosome therapy in tackling hair loss and promoting hair regrowth, presenting a hopeful pathway toward hair rejuvenation.

The Exosomes that we offer are a full spectrum abundance of all-natural Peptides, Hyaluronic Acid, Growth Factors, and billions of therapeutic Extracellular Vesicles to aid in collagen and skin cell regeneration. Exosomes stimulate dormant hair follicles and shift them to the growth phase. They also generate brand-new hair follicles. These exosomes are hyper-concentrated and then injected directly into the area of desired hair growth. Exosomes are isolated from donated human amniotic mesenchymal stem cells and purified using proprietary processing. The unique benefit of these exosomes is that they are stem cell-derived and bring a wide array of growth factors. Because they're so small and nimble, exosomes can remain hidden in the bloodstream, and carry multiple doses of proteins across barriers that cells are not able to cross.

The exact timeline for your treatment plan will differ, influenced by variables such as the extent of your hair loss, your age, hormonal balance, and genetic makeup. Typically, your journey will commence with three consecutive monthly sessions, succeeded by a follow-up appointment in four to six months, and subsequent yearly maintenance sessions. Across the span of a year, ongoing hair growth will unfold, with the most noticeable changes becoming apparent roughly six months following treatment. This newfound hair growth contributes to a fuller and more robust hair appearance. Exploring supplementary options like scalp microneedling combined with Hair Growth Injections, in addition to incorporating hair growth supplements like Nutafol, could also be beneficial.

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 Honey Skincare Studio immediately (703) 589-9665.

Exosomes Consent Form

The nature of the Exosomes procedure has been explained to me. I understand that just as there may be benefits from the procedure, all procedures involve risk to some degree. Side effects of Exosomes can have pain, prolonged redness, bleeding, infection, sensitivity, allergic reactions, dissatisfaction with results, need for further procedures, & unforeseen side effects may occur. I understand that the following are among the expected side effects of the Exosomes procedure:

Discomfort:

Most people will feel some discomfort (pain) associated with the treatment. This discomfort is usually temporary but may persist for a few days.

Bleeding:

It is possible, though unusual, to experience a bleeding episode during or after this procedure. Should bleeding occur, it may require emergency treatment to drain accumulated blood (hematoma). Do not take any blood thinning medications, aspirin, or nonsteroidal anti-inflammatory medications (acetaminophen is acceptable) for 7 days before and after this procedure, as these may contribute to a greater risk of bleeding or significant bruising. Tell your physician if you are on any of these medications before stopping them.

Infection:

Infection is unusual after this procedure. Should an infection occur, additional treatment including antibiotics or surgery may be necessary.

Scarring:

All invasive procedures leave scars, some more visible than others. Although good wound healing after a procedure is expected, abnormal scars may occur both within the skin and in the deeper tissues. Scars may be unattractive and of a different color than the surrounding skin. Scars may also limit mobility and function.

Unsatisfactory result:

There is the possibility of an unsatisfactory result from the procedure, resulting in unacceptable visible deformities, loss of function, wound disruption, skin death, or loss of sensation. You may be disappointed with the results of the procedure.

Allergic reaction:

In rare cases, local allergies to tape, suture material, or topical preparations have been reported. Systemic reactions, which are more serious, may result from drugs used during the procedure or prescription medicines.

Allergic reactions may require additional treatment.

Infection:

Infection is possible but not common after treatments; herpes simplex virus infections can occur following treatments. This applies to both individuals with a past history of cold sores and individuals with no known history. Other signs of an infection can be high fever, purulence (pus), worsening redness, increased swelling in the area, blisters, pustules, and worsening pain. Should these symptoms occur, the clinician must be immediately notified to prescribe appropriate medical care. Topical and/or oral antibiotics may be necessary.

I acknowledge the following has been discussed with me:

- I understand the Risks / Complications / Side effects / Consequences of Exosomes: allergic reactions, swelling, itching, infection/bleeding, abnormal/slow/delayed healing, redness, and lack of permanent results or unsatisfactory results, need for further procedures.
- I understand that compliance with pre and post-care instructions is crucial for the success of my Exosome treatment and to prevent unnecessary side effects or complications.
- I understand that there are many variable conditions that influence the long-term results of Exosome treatments. The practice of medicine and surgery and the subsequent use of Exosome is not an exact science. Although good results are expected, there is no guarantee, expressed or implied, on the results that may be obtained. Repetition of treatment, hair care regimen, and other procedures aid in results.
- Financial Responsibilities - This procedure is elective and not medically necessary and therefore, not covered by insurance. Any complications requiring additional medical care and/or treatment or revisionary procedures would be the patient's responsibility also. There are no refunds.

For women of childbearing age: By signing below I confirm that I am not pregnant and do not intend to become pregnant at any time during the course of the treatment. Furthermore, I agree to keep Honey Skincare Studio and my provider informed should I become pregnant during the course of the treatment.

WRITTEN CONSENT

Photographic documentation will be taken. I hereby do authorize the use of my photographs for teaching purposes.

ACKNOWLEDGEMENT

BY MY SIGNATURE BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE CONTENTS OF THIS INFORMED CONSENT FORM. I HAVE BEEN GIVEN THE OPPORTUNITY TO HAVE ALL MY QUESTIONS ANSWERED TO MY SATISFACTION BY HONEY SKINCARE HEALTHCARE TEAM.

I have read this form and understand it, and I request the performance of the procedure.

PRINTED NAME:

SIGNATURE:

DATE:
