



# MICRONEEDLING + INJECTIONS FOR HAIR RESTORATION AFTERCARE AND CONSENT FORM

## Procedural Description

Microneedling combined with PRF (Platelet-Rich Fibrin), Exosome injections, and/or additional advanced topicals offers a synergistic approach to hair restoration. Microneedling stimulates the scalp by creating micro-channels that enhance the absorption and effectiveness of regenerative treatments. These micro-injuries encourage blood flow and natural healing processes, preparing the scalp to maximize the benefits of selected injectables.

- **PRF Injections:** PRF, derived from your own blood, contains concentrated fibrin-rich platelets that release growth factors, stimulating dormant hair follicles and promoting regrowth. PRF is especially effective for encouraging thicker, healthier hair naturally without synthetic additives.
- **Exosome Injections:** Exosomes are advanced, stem cell-derived vesicles packed with growth factors, mRNA, peptides, and proteins. When injected into the scalp, exosomes encourage hair follicles to enter the growth phase, enhancing both hair density and quality. Exosomes act as natural messengers, delivering regenerative factors that support the hair cycle and scalp health.
- **Customized Topicals or Serums:** Depending on individual needs and the latest innovations in regenerative medicine, additional topical products or injectables (such as advanced growth factor serums or peptide-based treatments) may be used. These options provide flexibility to incorporate cutting-edge formulations designed to support and stimulate hair growth, scalp health, and follicle vitality.

This combined approach aims to improve hair density, thickness, and overall scalp vitality. Results will vary depending on factors such as the extent of hair loss, genetics, age, and hormonal balance.

## Treatment Expectations

While microneedling with PRF and/or Exosomes can enhance hair regrowth, results are gradual and may take several months to become apparent. Most clients notice a reduction in hair shedding, followed by increased thickness and regrowth over time. For optimal results, we recommend:

- **Initial Treatment Series:** Three monthly sessions to build a strong foundation for hair regrowth.
- **Follow-Up Appointment:** A booster session 4-6 months after the initial series.
- **Maintenance:** Annual maintenance treatments to sustain and support results.

Individual responses may vary, and complete restoration of hair density may not be possible for everyone.

## Supporting Your Hair Growth Journey

Hair regrowth benefits from a comprehensive approach. Along with microneedling and injectables, consider:

- **Hair Growth Supplements:** Nutritional support, such as high-quality hair vitamins, can provide essential nutrients for healthier hair.
- **Topical Medications:** Treatments like minoxidil can be used alongside PRF and Exosomes for additional follicle stimulation.

- **Scalp Health Maintenance:** HydraFacial Keravive treatments can cleanse and exfoliate the scalp, enhancing treatment effects.
- **Low-Level Laser Therapy (LLLT):** Devices emitting low-level lasers can stimulate hair follicles and promote regrowth. This non-invasive therapy has shown promise in improving hair density and thickness.
- **Regular Scalp Massages:** Scalp massages can improve blood circulation to hair follicles, which may enhance hair growth and improve scalp health.
- **Stress Management Techniques:** Chronic stress can contribute to hair loss. Techniques such as meditation, yoga, or mindfulness can positively impact hair health.
- **Avoiding Tight Hairstyles:** Avoid hairstyles that pull tightly on the hair, as these can lead to traction alopecia, a type of hair loss over time.
- **Regular Medical Check-Ups:** Certain medical conditions, such as thyroid disorders or hormonal imbalances, can affect hair health. Regular check-ups can help identify and manage underlying health issues contributing to hair loss.

We encourage discussing these options with your provider to create a personalized and comprehensive hair growth plan.

## Pre-Treatment Instructions

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- **Hydrate:** Drink plenty of water leading up to your appointment.
- **Avoid Certain Medications:** Discontinue anti-inflammatory drugs (e.g., aspirin, naproxen, ibuprofen) at least three days before treatment.
- **Hair Preparation:** Arrive with a clean scalp free from any products. Avoid hair washing and hair care products on the day of treatment.
- **Eat Lightly:** Have a light meal before treatment to prevent lightheadedness.

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## Post-Treatment Instructions

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- **Avoid Sun Exposure:** Protect your scalp by wearing a loose hat for 24 hours.
- **Hydrate:** Drink plenty of water post-treatment to support recovery.
- **Exercise and Hair Care:** Refrain from vigorous exercise and avoid washing your hair or using hair products for 24-48 hours post-treatment.
- **Avoid Anti-inflammatories:** Do not take anti-inflammatory medications for three days post-treatment, as mild inflammation aids the regenerative effects.
- **Limit Alcohol and Tobacco:** Avoid alcohol, tobacco, and high-sodium foods for 24 hours post-treatment.

## Acknowledgement of Risks and Side Effects

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While microneedling combined with PRF and/or Exosome injections is minimally invasive, I understand that there are potential risks, including:

- **Discomfort:** Temporary discomfort or sensitivity at the treatment site.
- **Bleeding:** Minor bleeding during microneedling and injection.
- **Infection:** Although rare, infection is possible. Prompt care may be needed.
- **Bruising and Redness:** Temporary redness or bruising may occur, usually resolving within a few days.
- **Unsatisfactory Result:** Individual results vary, and no guarantees can be made regarding the effectiveness or extent of regrowth.

## CONSENT TO PROCEED

By signing below, I acknowledge that I have read and understood the information in this consent form. I am aware of the risks and benefits of microneedling combined with PRF and/or Exosome injections, and I agree to follow all pre- and post-treatment instructions to maximize my results.

I understand that this treatment is elective and not covered by insurance, and I accept full financial responsibility for all associated costs.

PRINTED NAME:

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SIGNATURE:

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DATE:

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