



## Post-Procedure Guidelines & Tips Following KeraLase Thinning Hair Treatment

### EXERCISE

Please avoid heavy exercise the day of your procedure. Resuming the day after treatment is fine

### SHAMPOOING

Please avoid shampooing your hair for 24 hours after your treatment. After the 24 hours, it is fine to shampoo with your normal shampoo choice

### STYLING PRODUCTS

Please do not use any styling products (gel, mousse, spray, or any other topicals) for 24 hours. If you are using Minoxidil you may use it the next day but not the day of treatment.

### HAIR COLORING

It is fine to color your hair five to seven days after the procedure

### HATS

Wearing a hat today is fine. In fact, please limit sun on the area for 2 days.

### ALCOHOL AND SMOKING

Avoid alcohol for the next three days. Avoid smoking for three days (and more if possible) – we find it inhibits the normal healing process.

### ANTI-INFLAMMATORY SUPPLEMENTS

Please avoid any over-the-counter supplements such as Ibuprofen, Aspirin or other anti-inflammatories for 3 days following your treatment. If for medical purposes you cannot avoid taking them, then by all means continue as recommended by your regular physician.

**It is very important that you call us with concerns. Possible adverse reactions need to be reported to us immediately!** A follow-up for reactions will be necessary within 2 weeks of the treatment date. 608-240-0088 (during business hours) or 608-513-8699 (Anne Pientka, after hours)

### **Skincare products that partner well with KeraLase at Radiance:**

- Viviscal Professional Shampoo and Conditioner ~Combined with Biotin, Collagen & Keratin, promotes the appearance of healthy-looking hair growth.
- Viviscal Professional Vitamins ~ Nourishes thinning hair and promotes existing hair growth from within