



AMERICAN MANE  
HAIR RESTORATION CENTER

## Post-surgery Recommended treatments, supplements, and medications.

Dear patient,

In order to increase the success rate of your treatment, we recommend the following treatments, especially during the first 18 months post-transplant when the hair undergoes an "adjustment process." As the blood cycle post-transplant is critical to the adjustment of new hair, there is much more important to maintain a healthy cycle by using the following options.

**You will be able to choose any or all the options:**

**TABLET USE - Vitamins, and Finasteride (Propecia)**

**SPRAY OR FOAM- Rogaine 5% or Minoxidill 5%**

**CLINIC TREATMENT - PRP and Mesotherapy**

**LLLT-Low-level laser therapy**

## Vitamins: American Mane

Vitamin use should start 18 days after the procedure. Using vitamins provides nutrition to their hair root, which assists in better hair growth. Use vitamins for one year, along with a high water intake. Follow manufacturer recommendations for proper dosage.

## Rogaine Foam or Minoxidil 5%

Start usage 18 days post-procedure to assist with hair growth and strengthen the hair. Apply the foam to the entire head surface, excluding the donor area, gently massaging the foam into the scalp. Do not wash the foam for 3 hours.

We recommend using the foam for the first 18 months after your hair transplant as follows:

First 6 months: Twice a day, morning and evening

Additional six months. Once a day-evening

Final six months. Twice a week.

*\*If you decide to stop using any products, it is vital to reduce usage slowly so the new hair growth does not experience any shock. Shock can cause further hair to shed completely.*

## Finasteride tablets

Finasteride is recommended for patients who wish to maintain and strengthen existing hair. Propecia helps in stopping the genetic hair loss process and is recommended by any reputable clinic or doctor around the world.

## In-clinic treatments (PRP-micro needling and mesotherapy)

The following treatments are available at our clinic but can be taken in any clinic worldwide. PRP-platelet-rich plasma therapy uses injections of the patient's platelets which accelerates hair growth. We recommended doing PRP every month for the first three months. After three months, PRP can be done once every six months.

Microneedling uses a derma roller to make tiny pictures across the scalp, increasing blood circulation and cell production.

Mesotherapy is a treatment method that stimulates natural regenerative processes by injecting minerals, amino acids, and vitamins directly into the scalp.

## LLLT - Low-level laser therapy

LLLT is a modern non-surgical hair loss treatment that uses laser light to stimulate cell growth and supercharge hair follicles. It helps to combat hair loss and improve the volume and appearance of hair. The therapy is painless and has no known side effects. Several products are on the market for home use, and you should follow manufacturer instructions for proper use.

**We are here for you!**

**Please contact us with any questions you have.**