HAIR REPAIR CLINIC

Topical Treatment Application Guide

For Finasol®, Dutasol®, MinoCream and other prescribed topical hair-loss preparations supplied by Hair Repair Clinic.

General guideline

Apply your treatment exactly as stated on your dispensing label. How often and how much to apply depend on your specific preparation, so your dispensing label and your prescriber's directions always come first. This guide explains how to apply topical treatment; it does not set your dose.

Where to apply it

Apply the treatment directly to the scalp in the areas of concern, rather than coating the hair. Topical treatment acts where it is applied, so spread it across the scalp areas you intend to treat.

How much and how often to use

Follow the frequency and amount on your dispensing label. Different preparations are used at different frequencies, so there is no single rule that fits all of them, and your label is the instruction that matters.

For solutions, a general guide is approximately 1ml per application, and the pipette supplied with your bottle is marked at 1ml to help you measure it. Your dispensing label always takes priority if it says something different. Aim for even coverage of the scalp areas being treated, rather than soaking the scalp or hair. A small area of recession may need slightly less; diffuse thinning over a larger area may need more.

If your treatment is a cream rather than a solution, there is no volume to measure. Apply a thin layer across the area being treated and spread it evenly.

For beard use (for example MinoCream): apply a thin layer to the beard area and rub in. Wash your hands after and avoid spreading to other areas of the face.

If you miss a dose, simply apply as normal at the next scheduled time. Do not apply extra to catch up.

When to apply it

Ideally apply to a clean, dry scalp and allow it to dry naturally. If applying after washing your hair, allow the scalp to dry first. Avoid washing the treated area immediately after application, and give it time to dry before going to bed.

Consistency matters most

The practical priority is using the treatment consistently, as directed on your label. Choose a convenient time and make application part of your normal daily routine. A simple routine followed reliably is preferable to a complicated one followed intermittently.

Simple application method

1. Make sure the scalp is dry.
2. Part or move the hair so you can reach the scalp.
3. Apply approximately 1ml, or the amount on your label, directly across the areas being treated.
4. Gently spread over the scalp with a fingertip if required.
5. Wash your hands after application and allow the scalp to dry.

Contact with other people

While the product is still wet it can transfer from your scalp onto someone else's skin. Allowing the scalp to dry fully before contact with anyone else is the simplest way to avoid this.

If your treatment contains finasteride or dutasteride: women who are pregnant or who may become pregnant should avoid all contact with the product and with the treated scalp, not only while it is wet, because these medicines can affect the development of an unborn baby. The person using the treatment should keep the treated area covered or fully dry and wash their hands before any close contact. Children should not handle the product.

Once the scalp is fully dry, ordinary everyday contact is not a concern.

Microneedling (dermaroller)

- **0.5mm, 3 to 5 times a week:** use it before applying your topical. It helps absorption, so apply straight after, with no gap.
- **1.0mm, once a fortnight:** for deeper stimulation to support the hair follicles. Do not apply your topical straight after. Skip it that evening and restart the next day.
- Do not needle more often than this. Overuse can irritate the scalp and may lead to scar tissue.
- Never needle broken, inflamed or infected skin.

Practical points

Do not apply to broken, inflamed or severely irritated skin. Avoid contact with the eyes and face; if it does get into your eyes, rinse them with plenty of water. Using more product does not automatically produce better results.

If your treatment contains minoxidil: keep it well away from cats. Minoxidil can be seriously harmful to cats even in very small amounts. Wash your hands after every application, and do not let pets lick or touch the treated area or the product.

If your treatment contains tretinoin: it can make your skin more sensitive to sunlight, so use sun protection on exposed skin and avoid strong sun on the treated area. Tretinoin should also be avoided by women who are pregnant.

Store the bottle upright and tightly closed, at room temperature, out of the sight and reach of children and pets.

If you develop persistent or significant irritation, or another concerning reaction, stop using the product. If you feel unwell, or the reaction is severe, contact NHS 111 or your GP, and in an emergency call 999. Suspected side effects can also be reported through the MHRA Yellow Card scheme.

IMPORTANT

Your dispensing label and any individual directions from your prescriber take priority over this general guide, including how often and how much to apply.