



# Hair Rejuvenation Treatment with Exosomes

## Pre-Treatment Care

- Avoid alcohol and smoking for at least 24–48 hours before treatment, as they can impair healing and blood flow.
- Ensure your scalp is clean; wash your hair the morning of the procedure. Avoid heavy oils, styling products, or sprays.
- Discuss any medications or supplements with your provider, especially blood thinners or anticoagulants.
- If using topical hair growth products (like minoxidil), follow your provider's instructions on when to pause before treatment.
- Avoid chemical treatments (coloring, perming, relaxing) for at least 3–5 days before your session.

## Post-Treatment Care

- **Immediately after treatment**
  - Mild redness, swelling, or pinpoint bleeding is normal for 24–48 hours.
  - Avoid washing your hair or applying products for at least 8–12 hours.
  - Avoid scratching, rubbing, or massaging the treated area.
- **Hair & Scalp Care**
  - Use gentle, De|RIVE Shampoo and Leave-in Conditioner for at least 48–72 hours.
  - Apply Daily De|RIVE at home hair serum to scalp.
  - Avoid chemical treatments, coloring, or heat styling for 3–5 days.
  - Avoid hair dyes, keratin treatments, or perms for at least 1 week.
- **Activity Restrictions**
  - Avoid strenuous exercise, saunas, and swimming (chlorine) for 24–48 hours.
  - Limit sun exposure; wear a hat if outdoors for long periods.
- **Monitoring & Follow-Up**
  - Some shedding can occur in the first 1–2 weeks; this is normal.
  - Schedule next appointment at 4–6 weeks apart as recommended to optimize results.
  - Report any unusual pain, excessive swelling, or signs of infection immediately.
- Notify your provider immediately if you experience blistering, excessive pain, signs of infection, or unusual pigmentation changes at 604.687.2122