



Hair Thinning Treatment

Minoxidil or Rogaine

Minoxidil or Rogaine is an over the counter topical medication. It is the only topical medication proven to help reduce hair loss. Most commonly it is used for androgenetic alopecia (male pattern baldness or hair loss that happens after menopause in women) but can be used for other causes of hair thinning. About 35% of men and 50% of women benefit from this product. You can purchase it at your local market or online.

You do not need to purchase the name brand, Rogaine. You can purchase the generic, minoxidil. It is available in men's 5% or women's strength. Women should also use the 5% strength because it is more effective. It is available as a liquid or a foam. Both are equally effective. If you develop an irritation from the liquid, try the foam. The liquid is usually less expensive than the foam.

How to use

For best results, make sure your hair and scalp are dry (or if you have showered, towel-dry).

- Within the hair loss area, part your hair to expose the scalp.
- Apply the solution directly to the scalp and gently massage throughout the hair loss area.
- Before styling hair with gel or mousse, or going to bed, be sure to allow the solution to dry completely.

For more information :

General Rogaine Information: <https://www.rogaïne.com/products/womens-hair-regrowth-solutions>

Information on Androgenetic Alopecia: FOR MEN: <http://www.dermnetnz.org/hairnails-sweat/pattern-balding.html>

FOR WOMEN: <http://www.dermnetnz.org/hairnails-sweat/female-pattern-hairloss.html>

- Apply twice a day directly on your scalp. Once in the morning and once at night.
- If you skip an application, do not try to make up for it. Return to your twice-a-day schedule the following day.
- Using more than the recommended dose-or applying it more often-will not improve results.

Precautions

- Do not use minoxidil while pregnant or breastfeeding without speaking with your doctor.
- It can be used on color-treated hair, but do not use on the same day of your hair color treatment if you are concerned about scalp irritation.
- Skin irritation is also uncommon. If this occurs, stop using the product and use 1% hydrocortisone cream until the irritation resolves.
- Headaches and chest pains are rare side effects from minoxidil.

When do I start noticing improvements?

It can take 3-9 months to notice improvements. To help you notice the difference, you can take a photo of your hair loss area during the first use of Minoxidil or Rogaine and take another photo after 6 months of use for comparison. Sometimes gradual improvement is not as noticeable. Many times, this needs to be a life-long treatment. When it is used for androgenetic alopecia (male pattern baldness or hair loss that happens after menopause in women), and stopped, the hair will go back to the way it would have been if you never used it at all.