

## **Minoxidil Plus**

### **Minoxidil 6% + Cetirizine 0.5% & 0.01% Caffeine solution (Do not swallow. For external use only)**

This solution contains Minoxidil 4% or 5% or 7% with Cetirizine 0.5% & 0.01% Caffeine (depending on what has been prescribed).

Minoxidil acts like a vasodilator and increases blood flow to the hair roots, encouraging stimulation of hair follicles. It is also thought to encourage cell division at the hair follicles. Caffeine acts as a DHT (dihydrotestosterone) blocker, which damages the hair follicles and restricts hair growth. Caffeine also encourages hair follicle growth.

Due to genetic differences, results vary from person to person and are not guaranteed.

#### **Application of Minoxidil Plus solution**

When using the solution dispensed from the Hairology Centre for the first time (or restarting after a break), begin by using a 0.5ml dose for the first week, increasing to 0.75ml dose for the second week and working your way up to a full 1ml dose from the third week onward.

Apply 1ml of the solution onto a dry scalp in the morning and in the evening. Draw accurately 1ml dose into the syringe provided. Keeping the head tilted back, release the liquid in drops onto different areas by gently tapping the plunger of the syringe. Make sure each application of the solution is small enough to avoid excessive dripping. No solution is required around the back and sides of the head. Leave the areas of application untouched for a few minutes. Do not rub or massage the solution into the scalp.

Do not use double dose to make up for a forgotten dose. Just apply when your next dose is due. Wash the syringe and your hands after each use with clean water.

While using this medication, we recommend that you wash your hair regularly.

#### **Minoxidil solutions should not be used by women who are pregnant or breast-feeding.**

#### **Potential side effects**

Like all medicines, Minoxidil can have side effects, although these don't affect everyone and are usually mild. If you experience chest pain, stop using this medication and seek immediate help.

If you experience any of the following, stop using the medication and contact the clinic: Low blood pressure, rapid heartbeat, faintness or dizziness, swollen hands, feet or face, shortness of breath, urinary retention, tiredness, dry mouth, sudden unexplained weight gain, persistent local redness or rash.

Other effects which may occur include headaches, itching, acne rash, irritated skin, dryness, flakey skin, inflammatory skin disorders causing redness and itching, increased hair growth in unwanted areas (increased visibility in Asian and African women), stomach pains, heart palpitations, muscle pain, general pain.

The Minoxidil Plus solution contains Propylene glycol and ethanol which may cause skin irritation and/or causing a burning sensation to sensitive or broken skin.

**All side effects are unlikely and should wear off after the user stops using the medication.**

Minoxidil can cause a period of increased hair shedding within the first 3 months of use. This is normal and is an indication that the medication is taking effect. Once the shedding period passes, lost hair will be replaced with new hair, which in many cases is thicker in density.

**It may take 3 to 6 months for the full effect to develop.**

If you get any side effects, stop using the medication and inform your doctor and us. Read instructions carefully. **Use only as directed.**

It is your responsibility to inform us of any change to your health or medication you take. Overusing can be dangerous and we will not provide the follow-up supply until the next due date which will result in a gap in your treatment.

Note that irregular use could lead to poor results.

Do not use this medication after its expiry date.

**Storage:** Do not refrigerate and keep this medication at room temperature between 18-25 degrees centigrade and protect from sunlight.

Patients must inform us immediately if they notice any problems with their package. We will not address such matters if we are not notified within 48 hours.

*While many hair loss conditions are temporary and treatment may not be ongoing, androgenetic alopecia is a progressive condition that requires ongoing treatment.*

Please be very careful with your medications. In cases of spillage or if they are out of date, we are unable to replace them.

**Minoxidil Plus solutions contain:** Minoxidil, Cetirizine, Caffeine, glycerine, Industrial methylated spirit (denatured ethanol), Purified water.

*Minoxidil is available over the counter in 2% and 5% strengths as a licensed medication. However, higher strength of Minoxidil is available as off-license as prescribed according to a patient's need.*

*All Minoxidil off-license preparations at the Hairology centre are prepared extemporaneously adhering to our unique formulations, with all ingredients licensed and approved by the MHRA.*

*The Hairology pharmacy is rigorously regulated by the General Pharmaceutical Council which routinely inspects and monitors our compliance to all standards.*

Keep out of reach of children.