

How To Use Minoxidil (Rogaine)

- Strength: 5%
- Once or twice/day
 - Much better to **use regularly** once a day than inconsistently every other day
- Only apply medication **TO THE SCALP** where want your hair to grow
 - Can cause hair to grow on face, neck, hands, etc. if not washed off
 - Tips for application: wear gloves or wash hands with soap and water immediately
- Important things to know:
 - Need to use for ~8-12 months to see effects
 - **Medication must be used consistently and continuously for a sustained benefit**
 - May notice some hair loss when starting medication
 - This is due to the medication converting the hair from a “weaker” hair into a “stronger” hair
 - Will notice hair loss when medication is stopped
 - Will lose only newly grown hair gained from using medicine
 - Will NOT “speed up” hair loss, normal loss starts again
- Cheapest place to buy Minoxidil is Costco
 - ~\$50 = 6 month supply

