

Keravive/Keralase

Pre-Care:

1. **Consultation:** Schedule a consultation with a qualified healthcare provider or hair specialist to assess whether Keravive or Keralase is suitable for your scalp and hair concerns.
2. **Avoid Chemical Treatments:** Refrain from undergoing chemical hair treatments (such as coloring or perming) in the days leading up to the Keravive or Keralase treatment.
3. **Hair Washing:** Wash your hair before the Keravive or Keralase treatment, but avoid using any heavy styling products or conditioners. Hair must be dry for treatment.
4. **Inform Provider:** Inform your provider about any scalp conditions, allergies, or sensitivities you may have.
5. **Hair Tie or Clip:** Bring a hair tie or clip to the appointment, as your hair may need to be secured during the treatment.

Post-Care:

1. **Avoid Washing Hair:** Avoid washing your hair for at least 24 hours after the Keravive or Keralase treatment to allow the products to penetrate and benefit the scalp.
2. **Use Gentle Shampoo:** When you do wash your hair post-treatment, use a gentle, sulfate-free shampoo to maintain the benefits of the Keravive or Keralase treatment.
3. **Avoid Heavy Styling Products:** Refrain from using heavy styling products immediately after the treatment. Opt for lightweight products that won't weigh down the hair.
4. **Continue Hydration:** Keep your scalp and hair hydrated by drinking an adequate amount of water and using a moisturizing conditioner as needed.
5. **Avoid Excessive Heat:** Minimize the use of heated styling tools and exposure to excessive heat, as this can contribute to dryness.
6. **Follow Provider's Instructions:** Adhere to any specific post-care instructions provided by your healthcare provider or hair specialist. This may include recommendations for follow-up treatments or at-home maintenance.
7. **Avoid Sun Exposure:** Protect your scalp and hair from excessive sun exposure, as UV rays can be damaging. Consider wearing a hat or using UV-protective products.
8. **Follow-up Appointments:** Attend any recommended follow-up appointments to assess the results and discuss ongoing care for your scalp and hair.