

# The guide to your Hair Growth Solution

Everything you need to know about your topical hair growth compound.

Minoxidil 5% | Spironolactone 1% | Topical Solution

## Important Safety Information

- ⓘ **Do not use if pregnant, planning pregnancy, or breastfeeding:** Both minoxidil and spironolactone carry teratogenic risk. Even though systemic absorption from topical application is minimal, this compound should not be used during pregnancy, while trying to conceive, or while breastfeeding. If your pregnancy status or plans change during treatment, contact your Allara provider before your next application.

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- ⓘ **Stop use and contact Allara if you experience:** Severe burning, intense itching, or marked redness · Reaction spreading to face, neck, or hairline · Dizziness, palpitations, or nausea following application

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- ⓘ **Go to the ER or call 911 for:** Difficulty breathing or swallowing · Severe allergic reaction · Loss of consciousness

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- ⓘ **Blood pressure awareness:** Minoxidil can cause a drop in blood pressure, which may result in dizziness, lightheadedness, or fainting — particularly when standing up quickly. If you experience these symptoms after application, sit or lie down and contact your Allara provider. If you take blood pressure medications, make sure your prescriber knows you are using this compound. Do not use if you have a history of low blood pressure without first consulting your provider.

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- ⓘ **Keep out of reach of children and pets:** Minoxidil is highly toxic if ingested by children or pets. Store securely in its child-resistant packaging at all times — do not transfer to another container. In case of accidental ingestion, call Poison Control immediately at **1-800-222-1222 or call 911.**

## Storage & Handling



### Store at room temperature

Keep between 59-77°F (15-25°C). Do not refrigerate or freeze. Avoid heat sources.



### Protect from light

Keep the vial in its packaging or a closed cabinet. Avoid prolonged light exposure.



### Inspect before applying

Solution should be clear. Do not use if discolored, cloudy, or if particles are visible.

## How To Apply

### STEP 1: Part and prepare

Part your hair to expose the scalp in areas of thinning. Apply to a dry or slightly damp scalp — not soaking wet.

### STEP 2: Apply one full dropper

Draw one full dropper and apply directly to the scalp. Gently spread using the dropper tip or fingertips. Repeat twice daily.

### STEP 3: Let dry before styling

Allow the solution to dry completely before applying styling products or heat. Wash hands thoroughly after every application.

- ① **Scalp conditions:** pause before applying Do not apply to broken skin, open wounds, active dermatitis, or infected scalp. A compromised skin barrier increases systemic absorption. Contact your Allara provider before resuming.
- ① **Consistency is the most important variable:** Apply twice daily, every day. Missing doses, especially in the early months, can blunt your response. If you miss an application, resume your normal schedule without doubling up.

## What To Expect

### Common early symptoms

- Increased shedding in weeks 2–6
- Mild scalp irritation, redness, or itching
- Dryness or mild flaking at application site
- No visible change for the first 1–3 months

### Less common symptoms

- Contact dermatitis (localized skin reaction)
- Hypertrichosis: fine hair growth on face or body
- Lightheadedness or palpitations
- Scalp reaction extending to face, neck, or hairline

- ① **Initial shedding is a sign that it's working:** In the first 2–6 weeks, it's common to notice more shedding than usual. This is actually a sign the medication is working — resting hairs make way for new growth underneath. It's temporary, and it passes. The patients who see the most improvement are the ones who stick with it through this window.

## Timeline & Results

### Weeks 2–6 shedding phase

Increased hair fall is common and expected. Stay consistent. This phase is temporary and does not indicate the treatment is failing.

### Months 3–6 early regrowth

New growth may appear as fine, short hairs. Density improvements are often subtle at first. Continued daily use is essential.

### Month 6+ meaningful response

Most patients who respond will see noticeable change by 6 months. Your Allara provider will evaluate your response at this milestone.

- ① **Results require ongoing use:** Hair improvements are maintained only with continued treatment. Stopping will typically result in a return to baseline within months.

## Support

**Contact your Allara provider if you experience:** Persistent vomiting · Severe abdominal pain · Signs of hypoglycemia (shakiness, sweating, confusion) · Signs of allergic reaction · Rapid heartbeat or palpitations.

**Go to the ER or call 911 for:** Difficulty breathing or swallowing · Severe throat or neck swelling · Persistent severe pain radiating to the back · Loss of consciousness or extreme confusion.

### Messaging

Secure via the Allara app

### Email

patientsuccess@allarahealth.com

### Urgent / After Hours

Call 911 or go to the ER