

Omeed Ahadiat, M.D.

Address: 26700 Towne Centre Dr. Suite #170, Foothill Ranch, CA 92610
Phone: (949) 919-3834 | Fax: (949) 340-2012 | Email: omeedahadiatmd@gmail.com

Pre & Post Care Instructions for Alma TED

To ensure optimal results and a smooth recovery, please follow these **pre-treatment, treatment expectations, and post-treatment** care guidelines.

How to Prepare for Your Alma TED Treatment:

1. **Avoid Hair Products:**
 - Do not apply hair gels, sprays, mousses, or styling products on the day of your treatment.
 2. **Wash Your Hair:**
 - Shampoo your hair thoroughly before your appointment and ensure your scalp is **completely clean and dry**. Avoid using conditioner or oils.
 3. **Stay Hydrated:**
 - Drink plenty of water before your treatment to help improve circulation and absorption of the Alma TED serum.
 4. **Avoid Alcohol:**
 - Limit alcohol intake **24 hours** before your session, as they may affect circulation.
 5. **No Blood Thinners:**
 - Avoid aspirin, ibuprofen (Advil, Motrin), naproxen, and supplements like fish oil, vitamin E, garlic, and ginkgo biloba for **48 hours** before your treatment, unless prescribed by a doctor.
 6. **Hair Color & Chemical Treatments:**
 - Avoid coloring, bleaching, or chemical treatments (keratin, perms, etc.) for at least **72 hours** before your appointment.
-

What to Expect During Your Alma TED Treatment:

1. **Preparation:**

- Your provider will assess your scalp and discuss your goals before the procedure.

2. **Application of Alma TED Technology:**

- The Alma TED device uses ultrasound-based technology to enhance the absorption of a specialized hair growth serum into the scalp.

3. **Painless, Non-Invasive Procedure:**

- The treatment is **needle-free and pain-free** with no discomfort or downtime. You may feel a warm sensation or slight vibration.

4. **Session Duration:**

- The procedure typically takes **20–30 minutes**, depending on the treatment area.
-

Post-Treatment Instructions:

Immediate Aftercare (First 24–48 Hours):

1. **Do Not Wash Your Hair:**

- Avoid shampooing or rinsing your hair for **24–48 hours** to allow full absorption of the serum.

2. **No Hair Styling Products:**

- Refrain from using gels, sprays, mousses, or other styling products for at least **48 hours**.

3. **Avoid Sweating & Excessive Heat:**

- Skip workouts, saunas, steam rooms, and direct sun exposure for **24 hours** to prevent excess sweating, which may interfere with serum absorption.

4. **No Scalp Massaging or Scratching:**

- Avoid rubbing or scratching the treated area to allow for optimal serum penetration.

Ongoing Care & Maintenance:

1. **Hydration & Nutrition:**

- Drink plenty of water and maintain a balanced diet to support hair growth.

2. **Hair Coloring & Chemical Treatments:**

- Wait at least **one week** before coloring, bleaching, or chemically treating your hair.

3. **Multiple Sessions for Best Results:**

- A series of treatments is typically recommended for optimal results. Your provider will discuss a customized plan based on your needs.

4. **Monitor Your Progress:**

- Results will gradually appear over **2-3 months**, with continued improvement over time.

Follow-Up Care & Contact Information:

*For any questions or concerns, please **contact us at (949) 919-3834.***