



Keravive Pre/Post Care

Pre-Care Tips To Follow For Your Keravive Hair Growth Appointment:

Follow this guideline BEFORE each treatment

- If the treatment area includes hair and/or body, remember to bathe either the night before or (ideally) the morning of your treatment.
- Drink at least sixteen ounces of water before treatment is performed..

Post-Care Instructions:

Follow this guideline AFTER each treatment

- You may shampoo your hair the following morning after your treatment with any shampoo you wish.
- You may colour your hair three days after the treatment.
- Wearing hats/wigs/headscarves are allowed.
- Avoid sun exposure and tanning beds at least 3 days after treatment. Remember to use an SPF of 30+ for maximum coverage against UV rays.
- Do not use blood thinning agents such as vitamin E, vitamin A, Ginkgo, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids at least one week after your treatment.
- Avoid alcohol and caffeine for the next three days after treatment. It is recommended to resume alcohol consumption 3 days after each treatment at minimum. This is due to alcohol compromising the body's ability to heal. Caffeine should also be avoided due to dehydration.
- Avoid smoking for three days as smoking affects the body's ability to heal.
- Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days after your procedure.
- Avoid saunas, hot showers, and intense cardio for 24 hours as your scalp/hair follicles have been cleared and are more open than normal.
- You may use hair tools such as hair straighteners, curling irons, blow dryers etc.



- You may use hair products such as hair spray, hair gel, hair mousse etc.. unless otherwise instructed.
- You may follow your regular hair care regime unless otherwise instructed.

Please ensure this guideline is carefully followed for optimal results. For any questions or uncertainties, please do not hesitate to contact our office for immediate assistance.

Thank you and we look forward to seeing you!

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