

Directions for USE and CARE of Formula 82M / 82F

1. Application

- a. Apply 60 drops on the thinning area **once a day (preferably in the evenings or at night)**. If your hair is short or the area is small, you can apply 30 drops twice a day. Since it may be difficult to count drops exactly, keep in mind that if you are using a correct amount daily, you should be going through **one bottle per week**.
- b. To apply, part the hair using a comb and apply a small amount at a time *directly to the scalp* along the part-line. Avoid dripping or “pooling” of the medication by taking extra care NOT to apply excessive amounts in one area. There is no need to rub or massage the solution into your scalp; you can gently spread the solution over your scalp or simply allow the drops to penetrate into the scalp accordingly.
- c. Apply the product on dry scalp and in an environment that is NOT humid (i.e., avoid applying the solution in the bathroom after a shower where humidity is high).
- d. Allow the product to partially absorb (15-20 minutes) before going to bed, before applying other hair products and/or before blow-drying your hair.
- e. It takes about 3-4 hours for the product to be fully absorbed. Do not shower, swim or otherwise wet your scalp during that time. Similarly, also avoid athletic activities, steam, or sauna for three hours.

2. Hair Color, Hair Building Fibers and Laser Therapy

- a. If you color your hair, **avoid** the use of Formula 82M or 82F for **2 days before and after** chemical coloring or perming treatments.
- b. If using hair building fibers, please clean the fibers off before applying the medication.
- c. If you are also doing laser therapy, please use laser before applying formula 82M or 82F.

3. Hair Growth

- a. Please note that upon starting or re-starting Formula 82M or 82F, a temporary period of increased daily shedding may occur for up to 10 weeks—this is usually a sign that the treatment is having the desired positive effect on the hair follicles. DO NOT discontinue the medication due to shedding.
- b. Note that your scalp may be red for several hours after the application. If your scalp gets irritated, please contact our office.
- c. Follow-up appointments are recommended every 3 – 5 months to assess results.

4. Storage

- a. Store the bottles of Formula 82M or 82F in a dry and cool (65-72° F) place (room temperature). **NEVER** keep your Formula 82M or 82F in your gym bag, or the trunk, or glove compartment. Extreme temperature (chilling or heating) would destroy the medication.
- b. Replace the cap tightly immediately after use, and do not allow water or moisture to enter the bottle. NEVER rinse the applicator tip or cap with water or other cleaners.
- c. To clean the bottle, you may wipe the tip, cap, and/or bottle with a dry tissue.
- d. The shelf life of the prescription is approximately 6 months--please check your prescription for the expiration date.

5. Traveling

- a. Place the product in your carry-on luggage: **NEVER** pack it into checked bags. 3.4floz or 100ml of liquid per bottle are allowed by the TSA.

For refills or questions, please call Dr. Lam's office at (972) 312-8188 for assistance.