



مركز كايلا للتجميل الطبي
Kayla Medical & Aesthetic Centre

REGENERA Hair Treatment – After Care Instructions

Kayla Medical Center

Al Warqa 1, Dubai

+971 52 442 9032 | +971 56 504 2107

Why After Care Is Important

Proper after-care following your Regenera hair treatment supports healing, boosts results, and promotes long-lasting healthy hair growth.

First 24 Hours – Important Instructions

- Do not wash your hair on the same day of treatment.
- Avoid touching, scratching, or massaging the scalp.
- Do not apply any oil, serum, or hair products.
- Avoid sweating, gym, or heavy activity.
- Mild redness or swelling is normal.

Hair Wash Instructions

- You may wash your hair after 24 hours.
- Use a mild or doctor-recommended shampoo.
- Avoid hot water; use lukewarm instead.
- Be gentle — do not rub the scalp harshly.

What to Avoid for 48–72 Hours

- No hair oil, hair color, or henna.
- No sauna, steam, or swimming.
- Avoid direct sunlight on the scalp.
- Refrain from smoking or alcohol if possible.

Medications & Pain Management

- Take only medicines prescribed by your doctor.
- Avoid painkillers unless specifically advised.
- Mild discomfort or tightness may occur and is temporary.

Normal Side Effects

- Slight redness or swelling.
- Mild tenderness or itching at injection sites.
- Temporary shedding phase may occur before new growth begins.

Follow-Up

For the best results, follow your doctor's instructions and complete the recommended number of sessions.

Patient Signature: _____

Date: _____



+971 4 340 0154



kayla.alwarqa@gmail.com



Al Warqa'a 1
DUBAI UAE



Pobox : 455 526 Dubai