QueerDoc Hair Loss Treatment Protocol

1. Apply hair loss solution to scalp every night
    - DO NOT apply on nights you perform microneedling with the 1.5mm roller
    - Solution may cause scalp irritation, if so, space out application to every other night or every 3 nights
        - Work your way up to nightly as tolerated by your scalp
    - DO NOT apply more than once a day- finasteride and latanoprost were shown to be more effective with less side effects with once daily application
    - You can apply Minoxidil 5% available over the counter or online without a prescription every morning in addition to your nightly treatments with the hair loss solution

2. Once a WEEK use .5mm roller to roll scalp PRIOR to applying hair loss solution to scalp
    - Step 1: Disinfect your roller
        - Disinfect your derma roller by letting it soak in 70 percent isopropyl alcohol for approximately 5 to 10 minutes.
    - Step 2: Wash your intended treatment area (scalp)
        - Thoroughly cleanse your scalp using a gentle cleanser- NO medicated shampoos
    - Step 3: Apply numbing cream, if needed
        - Depending on your pain tolerance, you might need to apply an anesthetic cream. You can buy 5% Lidocaine creams online.
        - If you use numbing cream, follow the instructions the manufacturer provides, and make sure to completely wipe it if off before you start rolling.
    - Step 4: Begin derma rolling-DO NOT PRESS HARD or APPLY PRESSURE- the needles on the roller should be sharp enough to penetrate the skin with no additional pressure (additional pressure could cause damage to underlying structures of the scalp)
        - Roll in one direction 6 to 8 times, depending on your skin tolerance and sensitivity, and make sure to lift the roller after each pass. So, roll in ONE direction. Lift up. Repeat. You are less likely to get pinpoint bleeding with this size roller, but you are likely to get reddening of the scalp.

        - After you roll in the same place 6 to 8 times, adjust the derma roller slightly, and repeat. Do this until you've covered the entire section of skin you're treating.
        - After rolling in one direction, it's time to go back over the area you just rolled and repeat the process in the perpendicular direction. For example, say you finished rolling across your scalp vertically, now would be the time to go back and repeat that entire process horizontally.
        - By the end of this entire procedure, you should have rolled over each area 12 to 16 times — 6 to 8 horizontally, 6 to 8 vertically.
        - Repeat this process by rolling diagonally
    - Step 5: Wash your scalp with water
    - Step 6: Apply hair loss solution
    - Step 7: Clean your derma roller
        - Clean your derma roller with dishwasher soap. Create a soapy water mix in a plastic container, then swish around the roller vigorously, making sure the roller doesn't hit the sides. The reason we use detergents like dish soap directly after rolling is because alcohol doesn't dissolve the proteins found in skin and blood.
    - Step 7: Disinfect your roller
        - Disinfect your derma roller again by letting it soak in the 70 percent isopropyl alcohol for 10 minutes. Put it back in its case once dry, and store it somewhere safe.
    - Step 8: Replace roller after 10-15 uses as the needles dull and become less effective and more likely to cause trauma

3. Once a MONTH use 1.5mm roller to roll scalp - DO NOT apply hair loss solution that day
    - Step 1: Disinfect your roller
        - Disinfect your derma roller by letting it soak in 70 percent isopropyl alcohol for approximately 5 to 10 minutes.
    - Step 2: Wash your intended treatment area (scalp)
        - Thoroughly cleanse your scalp using a gentle cleanser- NO medicated shampoos
    - Step 3: Apply numbing cream,
        - Use 5% Lidocaine creams which can be purchased online or at a local pharmacy without a prescription
        - Follow the instructions the manufacturer of the cream provides.
            - Completely wipe it if off before you start rolling with a CLEAN cloth

            - Wipe your scalp in ONE direction with 70% isopropyl alcohol
                - All to the front or all to the back
                - Use a new wipe for each section
                - Overlap sections to cover entire scalp
    - Step 4: Begin derma rolling- DO NOT PRESS HARD or APPLY PRESSURE- the needles on the roller should be sharp enough to penetrate the skin with no additional pressure (additional pressure could cause damage to underlying structures of the scalp)
        - Roll in one direction 6 to 8 times, depending on your skin tolerance and sensitivity, and make sure to lift the roller after each pass. So, roll in ONE direction. Lift up. Repeat.
            - You are likely to have pinpoint bleeding over the scalp with this size roller
        - After you roll in the same place 6 to 8 times, adjust the derma roller slightly, and repeat. Do this until you've covered the entire section of skin you're treating.
        - After rolling in one direction, it's time to go back over the area you just rolled and repeat the process in the perpendicular direction. For example, say you finished rolling across your scalp vertically, now would be the time to go back and repeat that entire process horizontally.
        - By the end of this entire procedure, you should have rolled over each area 12 to 16 times — 6 to 8 horizontally, 6 to 8 vertically.
        - Repeat this process by rolling diagonally
    - Step 5: Wash your scalp with water
    - Step 6: Clean your derma roller
        - Clean your derma roller with dishwasher soap. Create a soapy water mix in a plastic container, then swish around the roller vigorously, making sure the roller doesn't hit the sides. The reason we use detergents like dish soap directly after rolling is because alcohol doesn't dissolve the proteins found in skin and blood.
    - Step 7: Disinfect your roller
        - Disinfect your derma roller again by letting it soak in the 70 percent isopropyl alcohol for 10 minutes. Put it back in its case once dry, and store it somewhere safe.
    - Step 8: Replace roller after 10-15 uses as the needles dull and become less effective and more likely to cause trauma
4. Use sunscreen or hat to protect scalp daily during the entire treatment protocol
5. Protocol should be attempted for a period of 3-6 months

6. If you experience intense pain while rolling STOP
7. If you have significant side effects with the protocol talk to your provider

Selecting Your Rollers

The Dermaroller Shop has rollers similar to the ones used in the research on microneedling for scalps and hair loss (https://www.dermarollershop.com/). Pick a roller with 192 needles (more needles is not recommended as you will get less depth of puncture due to distribution of force principles). TItanium rollers will stay sharp longer than stainless steel needles.

*DO NOT roll more often than recommended. Dermarolling is a microneedling procedure which punctures the dermis (a layer of the skin). These punctures cause the body to respond with healing factors- this healing process takes 4-6 weeks. Rolling more often than recommended may disrupt this process and create poor outcomes.

*DO NOT apply pressure with the roller- this will cause it to puncture further than the dermis (the layer of skin we want to effect for hair restoration). This may decrease effectiveness and increase risk of side effects like trauma to underlying structures and infection.