NOVA SKIN & PHYSIO

HEALTHY TODAY STRONGER TOMORROW

Look Good
Feel Better
Live Brighter

Skin & Aesthetics Aftercare

Exosome Hair Treatment: Your Scalp Recovery Guide

A short, practical guide to looking after your scalp in the days and weeks after your exosome hair session — when to wash, what to avoid, and what to expect as the treatment gets to work.



Dr Nelofer Ali
Nova Skin & Physio — Coventry

¡ The short version

Leave your scalp completely alone for the first 12–24 hours — no washing, no products, no touching. After that, a gentle, sulphate-free shampoo and lukewarm water are fine. Keep away from the gym and heavy sweating for 24 hours, and give pools, saunas and steam rooms a miss for 48 hours. This lets the exosome solution settle in and get to work on your follicles. If anything feels wrong at any stage, Dr Nelofer Ali and the Nova Skin & Physio team are only a phone call away.

1 Before your appointment

Exosome hair treatment is delivered through fine micro-injections into the scalp, so the aim beforehand is simple: a clean scalp and blood that clots normally.

Helpful before your session

- Wash your hair that morning so the scalp is clean and free of product.
- Eat something and drink plenty of water before you arrive.
- Let Dr Nelofer Ali know about any medication, supplements or scalp conditions.
- Come with dry hair — no gel, wax, dry shampoo or heavy oils.
- Keep the rest of the day low-key; you can work as normal, just skip the gym.

Best avoided beforehand

- Aspirin, ibuprofen or fish-oil supplements for 24 hours, unless prescribed.
- Alcohol for at least 24 hours — it thins the blood and increases bruising.
- Vigorous scrubbing or scratching of the scalp right before your appointment.
- Colouring, bleaching or other chemical treatments on the same day.
- Attending with an active scalp infection, sunburn or open irritation — call us to rearrange instead.

2 Recovery, day by day

The first 24 hours

0–24h

Keep your scalp untouched for 12–24 hours — no washing and no products, so the exosomes stay exactly where they've been placed. A little redness, tiny bumps or tenderness at the injection points is normal and usually eases within hours. Skip strenuous exercise and anything that makes you sweat heavily during this window.

Days one to seven

Day 1–7

From the following day you can wash gently with a mild, sulphate-free shampoo and lukewarm water. Hold off on swimming pools, saunas and steam rooms for 48 hours, and go easy on heat styling, tight ponytails and harsh products. Wear a hat if you're out in strong sun.

Weeks two to four

Wk 2–4

Your scalp should feel entirely back to normal, and you can return to colouring and your usual styling routine. Underneath, the growth factors are working on the follicles — it's common to notice a bit more shedding during this phase, which simply clears the way for new, stronger hair.

Month three and beyond

Month 3+

Most people start to see less shedding, fine new hairs and improved density from around eight to twelve weeks. Exosome hair treatment works best as a course — typically three sessions a few weeks apart, followed by maintenance — and Dr Nelofer Ali will map this out with you at your consultation.

At a glance

Time after treatment	You can	Best avoided
0–12 hours	Carry on with a normal, low-key day.	Washing, oils, styling products, touching the scalp.
12–24 hours	Wash gently once the 12–24 hour mark has passed.	The gym, heavy sweating, alcohol, blood-thinning painkillers.
24–48 hours	Air-dry where possible, wear a loose hat outdoors.	Swimming pools, sauna, steam rooms, very hot showers.
Days 3–7	Normal gentle washing and light styling.	Aggressive heat styling, tight ponytails and caps.

Weeks 2–4	Your full routine, including colouring.	Nothing specific — some shedding is expected.
Months 2–3	Attend the remaining sessions in your course.	Judging the result too early or stopping part-way.
Months 3–6	Review progress with Dr Nelofer Ali and agree maintenance.	Skipping maintenance if you want to keep your results.

3 Do's & don'ts, in short

Do

- Leave the scalp untouched for 12–24 hours after treatment.
- Switch to a gentle, sulphate-free shampoo once you resume washing.
- Sleep on a clean pillowcase and let hair air-dry for the first day or two.
- Wear a hat in strong or direct sun.
- Stay well hydrated and eat well to support healthy follicles.
- Attend every session in your course to get and keep your results.

Don't

- Wash your hair or apply serums, oils or styling products for 12–24 hours.
- Do strenuous exercise or anything that causes heavy sweating for 24 hours.
- Use swimming pools, saunas or steam rooms for 48 hours.
- Heat-style, tie hair tightly or use harsh products for the first few days.
- Scratch, pick or massage the treated areas.

- Drink alcohol or take blood-thinning medication in the first 24 hours.

4 Shedding, sensitivity and staying on track

The first couple of days determine how comfortable your scalp feels; the following three months determine what you actually see in the mirror. A few things worth knowing in between:

Shedding is a good sign, not a bad one. In the weeks after a session it's common to notice a few more hairs than usual coming out. This means resting follicles are being nudged back into an active growth phase — the older hair has to make way for the new one. It typically settles within a few weeks.

Look after the scalp in between visits. Since exosome hair treatment works as a course, the single best thing you can do for your result is keep to your appointment schedule rather than spacing sessions out. Between visits, be gentle: a mild shampoo, no tight braids or extensions pulling at the roots, and no rough brushing while hair is wet.

When to get in touch. Mild redness, tiny scabs and light tenderness after your session are normal and fade within a day or two. Please contact the clinic promptly if you notice spreading redness or warmth, increasing pain, discharge, fever, or signs of an allergic reaction such as facial swelling or difficulty breathing — for the latter, seek emergency care straight away. Dr Nelofer Ali reviews every query personally on **+44 7405 589146** or **info@novaskinandphysio.co.uk**.

? Common questions

How soon can I wash my hair after exosome hair treatment? −

Wait 12–24 hours before washing or applying anything to the scalp, so the exosomes have time to settle in. After that, use a mild, sulphate-free shampoo

with lukewarm water.

When can I exercise, swim or use the sauna again? +

Is redness, tenderness or shedding normal afterwards? +

How many sessions will I need? +

Can this be combined with other treatments? +

★ About your clinician



Dr Nelofer Ali

Nova Skin & Physio — Coventry

Dr Nelofer Ali leads skin and aesthetics treatments at Nova Skin & Physio, including exosome hair therapy. She talks patients through what to expect at every stage — from the day of treatment through to the follow-up course — and is on hand personally if anything comes up during your recovery.

🤝 Expert Clinicians

❤️ Personalised Plans

⭐ Safe & Effective Treatments

🌿 Modern & Comfortable Clinic

📞 +44 7405 589146

✉️ info@novaskinandphysio.co.uk

📍 Courtland House, Tamworth Rd, Keresley End, Coventry CV7 8JJ

🌐 novaskinandphysio.co.uk

HEALTHY TODAY · STRONGER TOMORROW