DERM & MANE
Medical Aesthetics

Hair Systems: pre- and post-care

Scalp Preparation • System Application • Bonding • Maintenance • Removal Important: Follow your practitioner's individualized instructions if they differ from this general guide.

Client: _____ Date: _____

System/Brand: _____ Practitioner: _____

Attachment Method: _____ Next Maintenance: _____

Before Your Application

- ☐ Keep the scalp clean and free of unusual irritation, sores, rash, or suspected infection.
- ☐ Notify the clinic about scalp sensitivity, recent scalp procedures, coloring/bleaching, laser treatments, or other treatments.
- ☐ Avoid picking, scratching, aggressive exfoliation, and harsh scalp products before the appointment.
- ☐ Avoid heavy oils, creams, or styling buildup immediately before application unless instructed otherwise.
- ☐ Review the system's placement, hairline, density, color, texture, and attachment method with your practitioner.

Scalp Screening

- ☐ No active rash
- ☐ No suspected infection
- ☐ No open sores
- ☐ No significant sunburn

If any concern is present, contact the clinic before application so the scalp can be assessed.

Application Day

- ☐ Arrive with the scalp prepared as instructed.
- ☐ Report any new scalp irritation, tenderness, illness, or medication/product change.
- ☐ Confirm placement, hairline, density, color, texture, and styling before final attachment.
- ☐ Do not conceal known scalp irritation or sensitivity.

First 24-48 Hours

- ☐ Allow the adhesive/bond to set for the time specified by your practitioner or product manufacturer.
- ☐ Keep the system/scalp dry for the initial set period as instructed.
- ☐ Do not pull, lift, reposition, scratch, or aggressively brush the system.
- ☐ Avoid strenuous exercise, excessive sweating, swimming, hot tubs, sauna, and steam during the initial set period unless cleared.
- ☐ Do not apply unapproved oils or products near the attachment area.

First Wash & Routine Care

- ☐ Wait until the practitioner-recommended time before the first wash.
- ☐ Use only products compatible with your specific system and attachment method.
- ☐ Cleanse gently; avoid aggressive rubbing at bonded or attached areas.
- ☐ Rinse thoroughly and follow the recommended drying method.
- ☐ Brush or comb gently and avoid pulling directly on the base, lace, hairline, or bonded edge.
- ☐ Minimize excessive heat from dryers and styling tools unless approved for your system.
- ☐ Schedule routine maintenance, re-bonding, repositioning, and replacement according to your clinic's plan.

Exercise, Sweat & Water

- ☐ Sweating can affect attachment performance and wear time.
- ☐ Swimming, chlorine, salt water, hot tubs, sauna, and steam may affect the system, hair, base, and adhesive.
- ☐ Follow your practitioner's timeline and protective instructions before water or high-sweat activities.
- ☐ After permitted water exposure, follow the recommended rinse, cleanse, conditioning, and drying routine.

Adhesive & Scalp Safety

- ☐ Use adhesive, remover, scalp protector, and bonding products only when approved for your system.

- ☐ Do not repeatedly apply adhesive over irritated skin without professional guidance.
- ☐ If an edge lifts, do not pull it farther or apply random adhesive; contact the clinic for instructions.
- ☐ Keep adhesive/remover away from eyes, broken skin, and mucous membranes.

When To Contact The Clinic

- ☐ Persistent or worsening burning, itching, redness, swelling, blistering, open/raw skin, severe tenderness, drainage, or signs of infection.
- ☐ Unexpected lifting, attachment failure, or a reaction to a product.

Emergency: Seek emergency care for severe facial/throat/tongue swelling, difficulty breathing, fainting, or a rapidly worsening systemic reaction.

Individual Care Plan

First wash/date: _____ Exercise/date: _____

Swimming/date: _____ Sauna/steam/date: _____

Next maintenance: _____ Expected rebond: _____

Expected replacement: _____ Other: _____

Practitioner-Specific Instructions

_____

_____

_____

Client Acknowledgement

I confirm that I received and reviewed these hair system/toupee pre- and post-care instructions. I understand that instructions may be modified based on my system, attachment method, scalp condition, products, lifestyle, and individual needs. I agree to follow the instructions provided and contact the clinic with concerns.

Client Signature: _____ Date: _____

Practitioner Signature: _____ Date: _____

Service Note

This is a general educational template. Final instructions should be customized to the specific hair system/base material, attachment method, products, wear schedule, scalp condition, and individual client factors. Manufacturer instructions and clinic protocols should be followed where applicable.