

Yoo Direct Health

Advanced Hair Protocol Standard Operating Procedure (SOP)

Updated 2024

Objective: The purpose of this SOP is to outline the procedure to establish a systematic and standardized protocol for performing Advanced Hair Protocol. This SOP aims to ensure the safety, efficacy, and consistency of Advanced Hair Protocol treatments while maintaining high-quality patient care and achieving optimal outcomes.

Protocol Overview:

The Advanced Hair Protocol aims to promote hair growth, improve hair quality, and address issues such as thinning or balding. The protocol involves two main components: Injectable Thymosin Beta 4 and Advanced Growth Factors administered in-office, and GHK-Cu Topical Spray for at-home use.

Patient Screening and Assessment:

Before initiating the protocol, patients will undergo a thorough screening process to assess their eligibility and suitability for treatment. Medical history, current medications, allergies, and previous treatments for hair loss will be reviewed.

Materials Required:

1. 1cc Syringe
2. 3cc Syringe
3. 5cc syringe
4. 18g needle
5. 27 g needle
6. 30g needle
7. Puracyn
8. 4x4 gauze
9. Anesthetic for block or topical (Lidocaine or BLT) - Lidocaine vial 1% or 2%
10. Growth Factors (PRF Kit or Advanced Growth Factors)
11. Peptides-TB4 & GHK-Cu 1% Topical spray (will be sent in at consultation and delivered to patient)
12. 70% Alcohol Wipes
13. Hair clips/head band
14. Gloves

Preparation:

1. Initiate consult assessing HPI around hair loss. Assess previous interventions and effectiveness. Review contraindications.
2. Ensure all materials and solutions are readily available and within their expiration dates.
3. Set up a clean, well-lit treatment area with appropriate seating for the patient.
4. Clean area to be injected thoroughly

5. Educate the patient about the procedure, potential risks, and expected outcomes.
6. Obtain informed consent.
7. Take appropriate before and after photos of areas pre-treatment

Procedure:

1. Preparation of Materials:

- a. Remove Advanced Growth Factors from freezer. Once thawed draw up in a 5cc syringe with a 18g needle
or
- b. Have PRF Kit ready for blood draw- follow directions for PRF system
- c. If doing a block draw up 5cc of Lidocaine then place a 27g needle on syringe
- d. Draw up 1cc of TB4 into 1cc syringe (Patient is responsible for bringing TB4 and GHK-cu spray to appointments)
- e. Document BUD and LOT# of all injectables in patient chart, and Expiration date

2. Patient Preparation:

- a. Take clear and detailed before photos.
- b. Cleanse area to be injected with Puracyn
- c. Offer patient local anesthesia
- d. Secure hair with hair clip/band

3. Administration of Injections

- a. Put on disposable gloves to maintain a clean environment.
- b. Make sure area to be injected is cleansed and prepped
- c. Numb area to be injected (if applicable)
- d. Take the syringe with a 27g needle Advanced Growth Factors, inject 0.2ml into the scalp using micro boluses
- e. Take the syringe with the TB4 and a 30g needle, inject using same technique as growth factors.
- f. After injecting the growth factors and TB4 take the GHK-CU topical spray and gently massage the area injected

4. Post-treatment Care:

- a. Instruct patient on proper post treatment care
- b. Answer any patient questions
- c. Give patient peptides to take home for storage and remind patient of instructions of GHK-cu spray directions

Follow-up:

1. Recommended once every 4-6 weeks for first 2 treatments. Third is based on results and desired outcome.
2. Patients will be encouraged to maintain open communication with healthcare providers and report any changes or adverse reactions promptly.

Safety Precautions: Patients will be educated about potential side effects and warning signs to watch for during treatment. Emergency procedures and contact information for healthcare providers will be provided in case of adverse events.

Documentation and Reporting: Comprehensive documentation of treatment administration, patient responses, and any adverse events will be maintained in patient records. Any deviations from the standard protocol will be documented, reviewed, and addressed appropriately.

Continuous Improvement: The SOP will be periodically reviewed and updated based on emerging research, feedback from patients, and experience gained during implementation. Continuous training and education will be provided to healthcare professionals to ensure adherence to the latest protocols and best practices.



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