

**MARTINE LANGSAM, IAT, WTS** - Trichology Clinic  
880 Las Gallinas Ave., Suite 4, San Rafael, CA 94903  
www.martinelangsam.com (415) 453-9792

## **LLLT Laser Cap & Helmet Home Instructions**

Directions for use:

- Use regularly every 3-4 days.
- Use 2X weekly for 15 to 25 minutes

Recommended days of use:

- Monday & Thursday, or
- Tuesday & Friday, or
- Wednesday & Saturday

For best results: Shampoo your hair within 1 - 12 hours after use of the laser.

**WARNING:**

- Do not use 2 days in a row
- Do not ever exceed use of 3 times weekly for 25 minutes each session
- **Coarse Dark Brown or Coarse Black Hair** should start use of the laser at 15 minutes 2 times weekly
- **Blond or Very Fine Hair** can begin use of the laser at 25 minutes 2 times weekly
- **Use of a follicle stimulator with the laser**, eg: Minoxidil, Rogain, Intense Repair Treatment, etc..., Use the laser ½ hour before you apply your follicle stimulator or 4 hours after to prevent over stimulation.