**ALOPECIA AREATA HAIR CARE RECOMMENDATIONS:**

Wash hair \_\_\_\_\_\_\_ times a week with a gentle shampoo such as Free and Clear shampoo

AM: Apply rogaine (minoxidil) 5% foam (this is the one labeled for MEN) to the entire scalp. Generic is fine.

Take vitamin D supplement (800-1000 IU) once daily

PM: Apply fluocinonide solution only to smooth hairless patches on scalp. You should do this for 2 weeks, then skip 1 week and restart. This helps to reduce the side effects from the steroid medicine.