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DermaRolling Protocol for Ophiasis Alopecia areata

What is Ophiasis?

- This refers to a form of alopecia areata which predominantly affects the back of the scalp. Some patients only have the back of the scalp affected by hair loss whereas for others the back is a main component of the overall hair loss
- Ophiasis alopecia is sometimes more resistant to treatment, but that is not to say that regrowth is not possible because it most certainly is for many patients.

What is dermarolling?

- This is a home-based procedure that can be used by our patients with the goal to further enhance hair growth with the *current agents* they are using.
- Dermarolling is most commonly done with use of minoxidil but other growth promoting agents are sometimes used as well
- Our DermaRolling Protocol is Frequently combined with
 - STEROID INJECTIONS and MINOXIDIL
 - PRP AND MINOXIDIL

What materials and prescriptions will I need?

1. **2 % or 5 % minoxidil.** We prefer the lotion over the foam as it is more fluid ('runnier') and makes it easier for widespread coverage. There is nothing wrong with using the foam, but the dose must never exceed ½ cap. Starting with the 2 % is preferred with a switch to 5 % in the second bottle if things are tolerated well.
2. **1 mm Dermaroller.** This can be purchased online. Starting with a 0.25 or 0.5 mm dermaroller is fine, but we feel that adjusting the pressure that is administered with the 1 mm dermaroller is better and allows greater flexibility for the patient. Starting with light pressure with a 1 mm dermaroller is similar to firm pressure with a 0.25 mm or moderate pressure with a 0.5 mm. This is not an exact science, but we feel our protocol provides benefit and the simplicity of it improves compliance (the ability of the patient to adhere or "stick with" the protocol)
3. **If there is a lot of hair in the back of the scalp (occipital area) a 0.5 mm roller** may be advised or possibly a dermastamp. Dr. Donovan will guide you in this regard. A follow up appointment at 4 months is advised to review progress

DermaRolling Protocol

How do we recommend Dermarolling for Ophiasis Alopecia areata?

1. Apply 0.5 mL of 2 % minoxidil (15 drops) to the area of alopecia. If the foam is used instead we recommend $\frac{1}{4}$ cap rather than the full $\frac{1}{2}$ cap.
2. Wait 30 minutes
3. After 30 minutes has expired, gently use the dermaroller to make three rolling motions in the same direction. Please refer to the photo below. The dermaroller should be moved in one direction only to prevent hair becoming caught.
4. For the first month this should be done with relatively light pressure (rated 2-3 out of 10). The maximum pressure should be 4-5 out of 10 and only to cause skin irritation – never bleeding.
5. In the second week, one should move to the maximal recommended dose which is 25 drops (1 mL) in the area. 25 drops is then continued for all future applications.
6. We recommend starting with once weekly dermarolling for two weeks and then twice weekly for two weeks and then three times weekly for the next three months. One should only move up from once weekly to twice weekly to three times weekly (according to the chart below) **PROVIDED** there have been no changes in side effects on the day of using the dermaroller compared to not using the dermaroller. Side effects would include headaches, dizziness, heart palpitations, uncomfortable itching, burning in the skin
7. At the end of month 2, one can move up from 2 % minoxidil to 5 % minoxidil (still 25 drops each time)
8. After 4 months, one can move from 3 rolling motions to 4 rolling motions each time the device is used up to a maximum of 8 rolling motions in any given $\frac{1}{2}$ inch section.
9. Photos should be taken every month by the patient at home and the quantities of minoxidil used should be recorded. Dr. Donovan sees patients for follow up every 3 months. Please bring photos and quantities of minoxidil used to the appointment for Dr. Donovan to review.

Dermarolling – Direction of Dermarolling



AA Ophiasis DermaRolling Protocol

- ** The following protocol is intended only for patients in Dr. Donovan's practice
- ** Follow up is required every 3 months
- ** Each 60 mL bottle of minoxidil should last 2 months. Therefore we recommend starting with 2 % and moving up from 2 % to 5 % at the end of 2 months (when the first bottle is finished)
- ** One needs to wait 30 minutes following application of minoxidil before dermarolling
- ** Light pressure is 2/10 discomfort; Moderate pressure is 4/10 discomfort
- ** One must never move up to any next level if headaches, dizziness and heart palpitations are experienced
- ** The term months refers to 4 week intervals not calendar months

Ophiasis DermaRolling Protocol

WEEK NUMBER	MINOXIDIL (once daily drops)	DERMAROLLING	Pressure & No. of Rolls
1	2 % minox - 15 drops	Once weekly	Light pressure, 3 rolls
2	2 % minox - 25 drops (1 mL max)	Once weekly	Light, 3 rolls
3	2 % minox - 25 drops	Two times weekly	Light, 3 rolls
4 (end of month 1)	2 % minox - 25 drops	Two times weekly	Light, 3 rolls
5	2 % minox - 25 drops	Three times weekly	Light, 3 rolls
6	2 % minox - 25 drops	Three times weekly	Light, 3 rolls
7	2 % minox - 25 drops	Three times weekly	Light, 3 rolls
8 (end of month 2)	2 % minox - 25 drops	Three times weekly	Light, 3 rolls
9	5 % minox - 25 drops	Three times weekly	Light, 3 rolls
10	5 % minox - 25 drops	Three times weekly	Light, 3 rolls
11	5 % minox - 25 drops	Three times weekly	Light, 3 rolls
12	5 % minox - 25 drops	Three times weekly	Light, 3 rolls
13	5 % minox - 25 drops	Three times weekly	Light, 3 rolls
14	5 % minox - 25 drops	Three times weekly	Light, 3 rolls
15	5 % minox - 25 drops	Three times weekly	Light, 3 rolls
16 (end of month 4)	5 % minox - 25 drops	Three times weekly	Light, 4 rolls
17	5 % minox - 25 drops	Three times weekly	Light, 5 rolls
18	5 % minox - 25 drops	Three times weekly	Light, 6 rolls
19	5 % minox - 25 drops	Three times weekly	Light, 7 rolls

20 (end of month 5)	5 % minox - 25 drops	Three times weekly	Light, 8 rolls
21	5 % minox - 25 drops	Three times weekly	Moderate, 8 rolls
22	5 % minox - 25 drops	Three times weekly	Moderate, 8 rolls
23	5 % minox - 25 drops	Three times weekly	Moderate, 8 rolls
24 (end of month 6)	5 % minox - 25 drops	Three times weekly	Moderate, 8 rolls
25	5 % minox - 25 drops	Three times weekly	Moderate, 8 rolls
26	5 % minox - 25 drops	Three times weekly	Moderate, 8 rolls
27	5 % minox - 25 drops	Three times weekly	Moderate, 8 rolls
28 (end of month 7)	5 % minox - 25 drops	Three times weekly	Moderate, 8 rolls
29	5 % minox - 25 drops	Three times weekly	Moderate, 8 rolls
30	5 % minox - 25 drops	Three times weekly	Moderate, 8 rolls
31	5 % minox - 25 drops	Four times weekly	Moderate, 8 rolls
22 (end of month 8)	5 % minox - 25 drops	Four times weekly	Moderate, 8 rolls
33	5 % minox - 25 drops	Five times weekly	Moderate, 8 rolls
34	5 % minox - 25 drops	Five times weekly	Moderate, 8 rolls
35	5 % minox - 25 drops	Six times weekly	Moderate, 8 rolls
36 (end of month 9)	5 % minox - 25 drops	Six times weekly	Moderate, 8 rolls
37	5 % minox - 25 drops	Daily	Moderate, 8 rolls
38	5 % minox - 25 drops	Daily	Moderate, 8 rolls
39	5 % minox - 25 drops	Daily	Moderate, 8 rolls


