

**Patient
Information**

Minoxidil

Minoxidil is not available on prescription from the hospital.

Introduction

This leaflet gives you information about minoxidil and its use, including the possible side effects.

What is minoxidil and how does it work?

Minoxidil solution or foam can be effective in the treatment of both female and male pattern hair loss. It may also be beneficial in the management of other types of hair loss although, this treatment would be considered 'off licence' as it is being used for a purpose it was not previously intended.

Minoxidil works by increasing the blood flow to the hair follicles. As a result, the size and diameter of the hair follicle increases, prolonging hair growth.

How is minoxidil applied?

- Minoxidil solution should be applied to the site of hair thinning/hair loss (scalp area only) twice a day.
- Minoxidil foam should be applied once a day. If this treatment is effective, it can be continued on a regular daily basis.

Possible side effects of minoxidil

- Irritation at the site of application.
- Deposits like dandruff may appear on the scalp.
- Unwanted hair growth may appear on sideburns, forehead and arms.
- Headaches and dizziness, although these are much more likely if minoxidil is being taken to treat high blood pressure. Headaches and dizziness are generally rare when using the solution and foam as very little of the medicine is absorbed.
- Palpitations, although these are much more likely if minoxidil is being taken to treat high blood pressure. They are generally rare with the solution and foam as very little of the medicine is absorbed.

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Department

Dermatology

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Other side effects may be possible but many patients use minoxidil without experiencing any side effects.

If you develop any side effects while using minoxidil stop the treatment.

Important points to remember

Minoxidil should not be used during pregnancy or when breastfeeding as there is no research to prove that it is safe to do so.

If you stop this treatment, your hair will return back to its pre-treatment state within 3 to 4 months.

Please read the patient information leaflet enclosed with the minoxidil.

Contact information

Dr Takwale's Secretary

Tel: 0300 422 5396

Monday to Friday, 9:00am to 3:00pm

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd H, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-83