

FAQs - Locala Choose Well Dermatology

Overview

Locala Choose Well has launched a cosmetic dermatology service, offering treatments that are not available on the NHS. These include skin tag and wart removal, as well as Minoxidil for hair loss treatment.

All initial appointments are £80 regardless of service required.

If follow up appointments are required outside of the usual packages of care, these will be charged at £70 per 30-minute appointment.

Minoxidil for hair loss

£675

1 x initial consultation - 3 months medication supplied

Review at 1 month

Review at 3 months – 3 months medication supplied

Review at 6 months – 6 months medication supplied

Review at 12 months

Subscription after first 12 months

£367.50

To continue Minoxidil life long after dose stabilisation.

12 months prescription

Online reviews at 6 months and 12 months

FAQs: Hair loss

What are the packages and what do they include?

The package includes:

- Pre appointment questionnaire
- 30-minute initial consultation and follow up appointments
- Assessment of hair loss, review of other medical history and drugs
- Minoxidil prescription and medication provided if appropriate
- Discussion of side effects and expected outcomes from Minoxidil, provided with information leaflet

- Tailored and personalised treatment plan with dose adjustments at follow up appointments
- 30-minute follow ups that you can book for up to one year after initial appointment.

What medication do we prescribe?

Oral Minoxidil tablets for hair loss. Minoxidil lotion is available over the counter. However, in cases where the lotion causes allergy, is found to be ineffective or is difficult to apply, oral tablets are known to help with certain types of hair loss.

We can prescribe these tablets if after reviewing your medical history and hair loss, specialist feels that it is likely to be safe and effective for you. **It is an unlicensed medication, hence you need a prescription after specialist assessment.**

Is this medication effective in all types of hair loss?

Yes, this medication has shown hair growth and benefit in cases with Male or female pattern hair loss and chronic telogen effluvium. It is not very effective for hair loss secondary to infection in the hair or scarring type hair loss. The specialist will assess your hair loss to see if it is likely to be effective in your hair loss pattern.

Why do I need a specialist to prescribe Minoxidil tablets?

Minoxidil Lotion is available over the counter, however oral tablets are an unlicensed medication that require a prescription and monitoring.

The doctor needs to assess that it will not interact with your other medications or cause worsening of existent health conditions. It has side effects if used in patients at risk of heart or kidney problems.

Minoxidil works only in certain types of hair loss. The doctor will assess your hair loss and ensure that it is likely to be beneficial in your hair loss. You will be provided with an information leaflet, so you are well informed about possible side effects. This is to ensure that the specialist and you agree that benefits outweigh the risk of medication.

Our Dermatology clinician is a GP with specialist role in Dermatology, so the medication is being prescribed under her supervision and expertise.

They will assess if this medication is likely to be effective for you. We will monitor your response and up titrate the dose safely for best effectiveness.

Why do I need to fill pre-appointment questionnaire?

The questionnaire is designed to identify the likelihood of benefit from Minoxidil tablets in your pattern of hair loss. It asks details about your other medical history and prescriptions or over the counter medications. You can fill it when it's convenient for you. Please ensure it is submitted

three days before the consultation day. The doctor can review this detailed information to assess if it's safe for you to start taking oral Minoxidil tablets.

Will I have any side effects?

Minoxidil at higher doses (10-40 mg) is used to treat high blood pressure. In hair loss much lower doses are used (0.625-5mg). They are tolerated better with fewer side effects at a lower dose. However, it can still cause some side effects such as dizziness, faster heart rate, excessive hair on other body parts or swelling of ankles. You will be assessed before starting and given written information and advice regarding what to expect, common or uncommon side effects.

If I get a side effect, can I book a review appointment or get advice?

Yes.

Treatment packages have built-in follow up appointments. If you are experiencing a side effect or wish to discuss treatment, you can bring forward your review appointment to address your concerns (availability dependant).

You can also send us an email. If you email us but need a review in person, to address the problem, we will advise you accordingly.

Can I get blood tests for hair loss?

Sudden cases of hair loss may be associated with an underlying disease, low vitamin D, low iron, anaemia or thyroid issues. If you need blood tests after assessment, these can be arranged for an extra cost.

Who will monitor my blood pressure?

Minoxidil is an unlicensed medication for hair loss. At high doses it is used to control blood pressure. A very low dose is used for hair loss and fewer side effects of dizziness, low blood pressure or faster heart rate are reported at this lower dose. We will monitor your blood pressure and pulse at all face-to-face reviews. However, we recommend you buy your own blood pressure machine for weekly reviews at home or if you opt for an online follow up review. Maintain a diary and bring this to your appointment.

NHS GPs are under no obligation to do monitoring or blood tests for unlicensed use of low dose oral Minoxidil tablets initiated for hair loss. If you chose to start taking oral Minoxidil tablets, follow up monitoring will need to be arranged privately through the clinic.

Do I need to inform my doctor?

We will provide you with a letter with details of diagnosis and treatment issued. It is important that you inform your doctor about your ongoing hair loss treatment.

Minoxidil can interact with other medications such as blood pressure, heart or asthma medication, or sedatives. Your doctor will need to be aware that you are taking Minoxidil so they can prescribe safely.

What if the treatment is not effective?

We provide packages with follow up appointments. This is to monitor side effects and if appropriate, increase the medication dose. There is expected increased hair loss in the first six weeks. This tends to settle in four weeks. Increased hair and decreased loss is usually visible around 6 months of treatment. Dosing can be maximised to increase effectiveness.

In most cases it takes 6-12 months to get maximal response.

At 12 months appointment if there is no benefit, then it's advisable to stop the treatment.

If there is benefit and you are stable on the dose, then you can choose to continue the treatment for as long as you need to maintain benefit.

Will the hair loss stop once you finish the 12 month course of treatment?

Minoxidil oral tablets slow hair loss and cause increased hair growth for as long as they are taken. It is a way to maintain hair rather than a cure for hair loss. It is a way to delay losing hair further.

When the treatment is stopped, the hair loss resumes as before. You will notice hair shedding and resumption of previous pattern. So, the benefit is maintained only for as long as the treatment is continued.

Will I be able to continue getting prescriptions after 12 months?

If you are stable on your Minoxidil dose and it is beneficial, you will be able to get repeats with a review at 6- 12 months.

If I don't want my follow up appointment, can I get a refund?

The follow up appointment is an important part of the treatment plan which you are not required to attend if you prefer not to. However, our Minoxidil treatment plan is offered as a comprehensive package at a fixed price. If you decide to skip your follow-up appointment, we will not be able to issue a refund.

Can I stop treatment at any time?

Yes, you can stop treatment at any time. Please ensure you contact us to cancel any appointments you have already got booked if you want to stop receiving care

FAQs - Locala Choose Well Dermatology: Skin tag/wart removal

First dermatology appointment – clinical assessment: £80

Cryotherapy

First Treatment (up to 5 lesions): £80

Follow up cryotherapy session (3- 4 weeks later): £70 (up to 5 lesions)

Minor Surgery

First appt for minor surgery (per session): £175

What will happen in first appointment?

Initial consultation package (£80) includes the following

- 30-minute consultation with the dermatology specialist doctor
- Assessment of skin with a Dermatoscope to exclude any abnormality or chance of malignancy
- Review of other medical history, drugs or allergies with the doctor for safe treatment
- Discussion of treatment plan either cryotherapy or minor surgery
- Discussion of side effects and expected outcomes from intervention
- If you and clinician decide that cryotherapy is the most appropriate treatment, you could choose to get it done during the same consultation (see pricing for additional cost)
- If minor surgery is the best option, then the appointment can be booked for this (see pricing for additional cost).

What are my options for removal?

The treatment considers the following factors

- The nature and size of skin lesion to be removed
- Area of body where it is located e.g. face/creases, groin
- Your skin sensitivity and reactivity
- Other medical conditions or allergies or blood thinners.

In order to keep side effects like infection, scarring or bleeding to minimum, it's important to take all these factors into account. You will have an assessment and the doctor will discuss the most suitable intervention.

You could either opt for cryotherapy or minor surgery.

Will cryotherapy hurt?

Cryotherapy is a non-invasive procedure. It involves freezing the skin with liquid nitrogen. There is no need for a local anaesthetic while doing cryotherapy. The treatment stings slightly for 10-15 seconds. After this you may notice redness of the treated skin.

Over the next week, there may be blistering of the skin at the treated area. This then dries/scabs and falls off. You can get several lesions treated at the same sitting.

Some lesions take more than one sitting to fall off completely. But all invariably shrink after the first treatment. If any lesion fails to fall off completely over next 3-4 weeks, you have the option to book a review and have the same or new lesions treated.

Will cryotherapy scar my skin?

Cryotherapy is a superficial non-invasive procedure. The cold penetrates and freezes the blood vessels within superficial skin. It often blisters after the treatment, which is expected.

However, as the depth of treatment is superficial, skin in most cases heals without scarring over 3-4 weeks. However, cryotherapy can cause a change in colour of skin or loss of hair at the treated site.

What does minor surgery involve?

The doctor will discuss if you need a minor surgery procedure to remove a larger lesion or lesion that is not likely to respond to cryotherapy or in an awkward area.

This involves injection a local anaesthetic, to numb the area. After it is anesthetised, no further pain is experienced. The doctor will then cut it off and make sure the bleeding stops either with cautery or sutures. If indicated the sample may be sent to lab for further analysis.

It is a one-step treatment and most people do not need any further intervention. Healing is over next 1-2 weeks with scab formation over the area. This should fall off spontaneously.

Will I need more than one appointment?

Sometimes larger lesions or thicker tags can need more than one cryotherapy session. You can book a follow up review if a repeat sitting is needed.