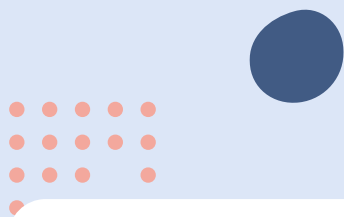


PALOMA RX · PRESCRIPTION INSTRUCTIONS

The guide to your Topical Spironolactone

Patient safety information and instructions for use. Read this guide before starting your medication, then keep it in your files for reference.



About your compounded medication. Your topical solution is prepared for you by Honeybee Health, a licensed compounding pharmacy, according to your Paloma provider's prescription. Compounded medications are not reviewed by the FDA for safety or effectiveness, and topical spironolactone for female-pattern hair loss is prescribed off-label. It works by blocking androgen activity locally at the hair follicle, and is intended to help slow further thinning over time. Your provider has reviewed your health history and determined this treatment is appropriate for you — the details are covered in the consent you signed during your visit.

Important safety information



Do not use during pregnancy

Spironolactone is an anti-androgen, and exposure during pregnancy can interfere with the normal development of a male baby. Paloma does not prescribe this medication for use during pregnancy, while breastfeeding, or while trying to conceive. If you could become pregnant, use effective contraception while using this medication. If you become pregnant, are planning to, or begin breastfeeding, stop using the solution and message your care team.

● Message your Paloma care team if you notice:

Scalp irritation that is significant or doesn't settle — redness, rash, swelling, or persistent stinging

Changes in your period, breast tenderness, or changes in libido

A new prescription for blood-pressure medication, potassium-sparing diuretics, or potassium supplements — or regular NSAID use

Plans to become pregnant, or a change in your contraception

Stop the solution and seek care right away for:

Muscle weakness, an irregular heartbeat, or tingling — possible signs of elevated potassium

A severe allergic reaction: swelling of the face or throat, or difficulty breathing — call 911

Why we mention potassium

Taken as a pill, spironolactone can raise potassium levels. Applied to the scalp, very little reaches the rest of the body, so this is uncommon — but some absorption can occur, which is why we ask about kidney health and blood-pressure medications during your visits, and why the symptoms above are worth acting on. Certain medications (ACE inhibitors, ARBs, potassium-sparing diuretics, potassium supplements, and regular NSAID use) can add to this risk — always tell us and your pharmacist what you take.

After your medication arrives

Honeybee Health ships your solution directly to the address on file. You'll receive shipping confirmation by email when your order goes out.



Store at room temp

Keep between 68–77°F in a cool, dry place — away from heat, open flame, moisture, and direct sunlight.



Flammable until dry

The solution contains alcohol. Keep away from flames, sparks, and smoking until fully dry.



Avoid the eyes

Keep away from eyes and mucous membranes. External use on the scalp only.



Check your label

Apply the amount printed on your prescription label — more isn't better.

Daily application

1

Once daily, to a clean, dry scalp

Using the dropper or applicator tip, apply the prescribed amount directly to the thinning areas of your scalp — such as the crown or part line — and massage in gently with your fingertips. Wash your hands afterward.

2

Let it dry completely

Allow the solution to dry fully before styling or applying other hair or scalp products — and hold off on blow dryers, curling irons, and flat irons until it's dry. Don't apply more than directed or increase how often you use it.

Missed a day? Apply it when you remember — unless it's close to your next scheduled application. In that case, skip the missed one and continue your regular schedule. Don't apply extra to make up for a missed day.

Other medications & products. Tell your Paloma provider and your pharmacist about everything you take — especially blood-pressure medications (ACE inhibitors, ARBs), potassium-sparing diuretics, potassium supplements, and regular NSAID use. On the scalp, other topicals like retinoids or exfoliating acids applied to the same area can increase irritation. Let us know before starting anything new.

What to expect



Early weeks · About shedding

Some people notice temporary increased shedding during the first weeks of treatment. This can happen as the hair cycle changes and does not necessarily mean the treatment isn't working — it usually improves with continued treatment. Don't stop on your own; if shedding is severe or persistent, message your care team.

Month 6 · Judge results here

Hair changes are slow. It takes at least 6 months of consistent daily use to know whether the medication is helping — the first goal is slowing further thinning. Take photos monthly in the same light and hairstyle so you have something real to compare.

Your check-in & renewal schedule

Refills are reviewed by your provider based on short check-ins — they're how we keep your treatment safe without office visits. Please complete them when they arrive.

Each renewal tolerability & health-change check — including pregnancy planning · **Anytime** new medications and new health conditions route to your provider right away

Managing side effects

Common — usually mild

Scalp redness, dryness, or itching — typically early and temporary; message us if it persists.

Brief stinging on application — usually fades as your scalp adjusts.

Hormonal effects — changes in your period, breast tenderness, or libido changes are possible if some medication is absorbed; message us if these occur.

Good habits on treatment

Stay consistent. Daily use matters more than any single application — benefits build slowly and depend on continued use.

Photos monthly — same light, same part line. It's the only reliable way to see slow change.

Tell every prescriber you use topical spironolactone — especially for blood-pressure or kidney medications.

Keep it away from heat and flame until your scalp is fully dry.

Disposal & good housekeeping

Please dispose of unused or expired medication safely. Don't flush the solution or pour it down the sink — use a local medication take-back site if one is available. Otherwise, mix the contents with something unappealing like used coffee grounds or cat litter, seal in a container, and place in household trash. Remember the solution is alcohol-based — keep it away from flames even when discarding.

We're here for you



Your care team

Questions about your treatment, side effects, application, or progress — message us anytime through your **Paloma portal**.



Billing & shipping

For anything non-medical — orders, billing, refills, address changes — email **support@palomahealth.com**.



Pharmacist support

To review your compounded medication with a pharmacist, call Honeybee Health toll-free at **833-466-3979** during regular business hours.



Urgent / after hours

For signs of a severe allergic reaction, an irregular heartbeat, or any medical emergency — **call 911 or go to the ER**. Don't wait for a message reply.



Your care doesn't end at the prescription.

Check-ins, photos, and messages are how we fine-tune your treatment over time. We're glad you're here.