

FREE CHECKLIST

Consultation Prep Checklist

A little preparation turns a sales pitch into a useful conversation. Bring this to your consultation.

Before you go

- Note when your hair loss started and how it has changed.
- Take a few photos of your hairline and crown in good light.
- Write down your goal in one sentence (e.g. 'restore my hairline').
- List any questions — including the ones on our provider checklist.

Bring or note

- A list of any concerns you want addressed honestly.
- Your budget range, so the provider can be realistic.
- A friend or family member for a second set of ears, if you can.

During the visit

- Ask for the realistic result, not just the best case.
- Ask for the full written price and what's included.
- Take the plan home — a good provider won't rush you.

After the visit

Compare what you heard with other providers and with honest guides. You stay in control: you decide who to see, if anyone, and you confirm everything in writing before any treatment.

Want the next step? Get matched, free, with a licensed hair-restoration provider near you at folliclelane.com/get-matched/. We collect contact details only — never your medical history.