



ZIERING MEDICAL

EYEBROWS OR FACIAL HAIR TRANSPLANTATION POST-OPERATIVE INSTRUCTIONS

Your surgeon has developed the following post-operative instructions. Please read and follow them carefully. They are intended to help you maximize the result of your hair transplant surgery.

If you have any questions, please feel free to contact our office at **(310) 614-7282**.

MEDICATIONS: Start taking your medications as prescribed below on the evening of your surgery.

- A. **Antibiotic:** This is taken to prevent a scalp infection. Take as directed. Complete the full antibiotic course.

- B. **Prednisone:** This is an anti-swelling medication. Take as directed, 4 tablets (all taken together at the same time). NEVER take this on an empty stomach—this can cause extreme nausea and upset stomach.

- C. **Pain Medication:** Should you experience any discomfort, you may take the pain medication that has been provided for you as directed. You may also take an aspirin-free and ibuprofen-free medication such as regular or extra strength Tylenol. Do not take the pain medication if you will be working, driving, or operating any machinery due to possible drowsiness. Also, DO NOT take any medications that contain ASPIRIN or Ibuprofen for ONE WEEK following your procedure.

Do **NOT** take for 5 days:

- *NO alcohol consumption
- *No caffeine
- *Any medication that contains Aspirin OR Ibuprofen
- * No fish oil
- * No vitamin E (multi-vitamins)
- * NO Spicy foods

Propecia: May continue daily regimen.

Rogaine: Continue after 2 weeks post-op.

Vitamins: You may start taking Vitamin C 24 hours after surgery for healing.

Homeopathics: Arnica may be taken to help with swelling, bruising, aches & pain.

Bio Oil: Please see instruction sheet.



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BLEEDING: Slight bleeding or oozing may occur from the donor area. We recommend placing an old towel on your pillow while sleeping for the first several nights in case of oozing so that your pillow case will not be stained. If bleeding occurs, apply firm pressure with the clean cloth to the area for 15-20 minutes. If bleeding persists after 15 minutes of pressure, contact our office.

SWELLING: This is a surgical procedure and swelling does occur. It is part of the healing process. The degree of swelling varies with each patient from mild to pronounced. To minimize swelling, you should do the following:

1. Facial hair patients should take 25mg Benadryl the night of surgery.
2. Take medication for swelling if prescribed. Take as directed.
3. Sleep with your head elevated at a 45-degree-angle for the first 3-4 nights following the surgery. This can be done by sleeping in a recliner or by using at least 3 pillows supporting your back and neck in bed.
4. Apply ice packs below eyebrows (below eyebrows, top of eyelids) for 10 minutes every 2 hours or as frequently as possible while awake. You may wrap the ice pack in a thin clean cloth. NEVER apply ice directly to eyebrows. (NO ICE FOR FACIAL HAIR).
5. If significant swelling persists after 3 days, discontinue the ice and change to warm compresses. (Make sure that it is not too hot as it might burn your skin). You may also wrap the warm compress with a clean cloth for application.
6. Keep your head elevated to eye-level when using cell phones, reading, etc.

EXERCISE: For 10 days after your procedure, refrain from strenuous activities that would increase your blood pressure, ie JOGGING, WEIGHT LIFTING, AND SEXUAL ACTIVITY. When picking items from the ground, bend at the knees while keeping your back straight to avoid having your head go below the level of your heart.

CLEANSING: Do NOT touch the Eyebrows or Facial Hair directly for 5 days. This will prevent you from accidentally dislodging a graft.

DAYS 1-5: On the day following your procedure (If you are not able to come to our office for a wash or if scheduled by us a few days later), you will begin washing your Eyebrows or Facial Hair by spraying the cleanser mix solution directly to the transplanted area. Follow with saline solution to cleanse area, then let air dry.

- For **EYEBROWS:** Apply gauze directly underneath the eyebrows when spraying cleanser and saline solution (to prevent solution going into eyes).
- For **FACIAL:** Apply gauze directly underneath the transplanted area when spraying cleanser mix and saline solution.



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STARTING DAY 6:

- For **EYEBROWS**: You may start gently massaging your eyebrows when spraying the cleanser mix. Massage for a few minutes. This will help the crusts (scabs) to soften and fall off. Continue this method until all scabs have fallen off.
- For **FACIAL**: Before washing your face, apply a gentle hair conditioner to grafted area for 5-10 minutes. After letting it sit, massage conditioner in for a few minutes. This will help crusts (scabs) to soften and fall off. Wash off conditioner. Continue spraying cleanser mix. Continue this method until all scabs have fallen off.

HEALING: Allow the Eyebrows or Facial Hair to be exposed to as much air as possible. Avoid sun exposure for 3 months. During the first 10 days post-op, if you have to be in sunlight for longer than 10 minutes, use a physical sun blocker such as large sunglasses, hat, scarf, etc. After 10 days post-op, if you are in sunlight longer than 10 minutes, please wear sunscreen SPF 30 or higher in transplanted areas for 3 months. Sunscreen must be washed off at the end of the day.

- For **EYEBROWS**:
 - When wearing sunglasses, make sure they are not touching the eyebrows for 5 days.
 - Avoid sleeping masks for 5 days.
 - Eyebrow pencils, gels and moisturizers may be used after 4 full weeks.
 - Hair coloring products for eyebrows should be used only after 6 weeks post-op.
 - No waxing or threading for 6 months. Just trim until fully grown in.
 - Eyebrows will grow as regular hair normally would, and should be trimmed constantly.
- For **FACIAL HAIR**:
 - Avoid shaving transplanted area for 6 weeks.
 - Avoid facial scrubbing, exfoliants, or products for 6 weeks.
 - Avoid facials for 3 months. No chemical peels for 3 months.
 - Hair-coloring products for mustache, sideburn, and beard (Just For Men) should be used after 6 weeks after surgery.
 - Facial hair will grow as regular hair would and should be trimmed at desired length.

Upon completion of your procedure, a routine, no-charge check-up will be performed at 6 and 12 months. Any questions regarding your past or future procedures can be addressed at that time.