

## *Ziering Medical Post-Operative Instructions For FUE and FUT*

(Folican Treatment)

	Day Of Surgery	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
<b>Prednisone</b>	4 pills, one dose with food	4 pills, one dose with food	4 pills, one dose with food								
<b>Antibiotic Cephalexin</b>	one tablet PM	one tablet AM one tablet PM	one tablet AM one tablet PM	one tablet AM one tablet PM	one tablet AM one tablet PM	one tablet AM					
<b>Antibiotic Z-pack</b>	2 pills	1 pill	1 pill	1 pill	1 pill	1 pill					
<b>Tylenol # 3 / Hydrocodone (only if needed)</b>	1-2 pills every 4-6 hours with food	1-2 pills every 4-6 hours with food	1-2 pills every 4-6 hours with food								
<b>Ice packs</b>	20 minutes every 2 hours while awake	<b>Switch to hot</b> compress if swollen still	continue hot compress if swollen still	continue hot compress if swollen still	continue hot compress if swollen still	continue hot compress if swollen still	continue hot compress if swollen still				
<b>Massage</b>	3-4 mins after icing	only if swollen still	only if swollen still	only if swollen still	only if swollen still	only if swollen still					
<b>45 degree sleep</b>	Yes	Yes	Yes	Yes							
<b>Shampoo</b>		cup wash	cup wash	cup wash	cup wash	cup wash	conditioner for 10 mins before shower, then shampoo as normal	conditioner for 10 mins before shower, then shampoo as normal	conditioner for 10 mins before shower, then shampoo as normal	conditioner for 10 mins before shower, then shampoo as normal	conditioner for 10 mins before shower, then shampoo as normal
<b>*Bacitracin Ointment (after shower)</b>	applied at the office	thin coat on donor area	thin coat on donor area	thin coat on donor area	thin coat on donor area	thin coat on donor area	Stop if you had sutures, continue if you had FUE	Stop if you had sutures, continue if you had FUE			
<b>Folican Enhancement Day Spray</b>		2-3 sprays every hour while awake	2-3 sprays every hour while awake	2-3 sprays every hour while awake	2-3 sprays every hour while awake						
<b>Folican Enhancement Night Spray</b>		2-3 sprays at bedtime	2-3 sprays at bedtime	2-3 sprays at bedtime	2-3 sprays at bedtime						
<b>Clothing Attire</b>	Button down shirt	Button down shirt									

**May use the following after the recommended time:**

**Hot Tub:** 6 weeks  
**Helmet:** 3 weeks (FUE)  
**Helmet:** 6 weeks (FUT)  
**Hats:** 3 days  
**Hair pieces :** 2 weeks (clip-in only, no glue)  
**Hair cuts:** 2 weeks

**Sauna:** 4 weeks  
**Hair Dye:** 4-6 weeks  
**Ocean:** 3 weeks with the use of protection to grafted area (scalp) for 3 months  
**Swimming (Chlorine):** 4 weeks with the use of protection to grafted area (scalp) for 3 months  
**Tanning Bed:** 4/6 weeks- 3 months (Protect scalp until 3 months)  
**Natural Tanning (Sunlight):** 3 months

Suture Removal Appointment: \_\_\_\_\_

**\*Continue Bacitracin Ointment for 14 days (FUE ONLY)**