

Ziering Medical Post-Operative Instructions For FUE and FUT

(Salt water soaks)

	Day Of Surgery	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Prednisone	4 pills, one dose with food	4 pills, one dose with food	4 pills, one dose with food								
Antibiotic Cephalexin	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					
Antibiotic Z-pack	2 pills	1 pill	1 pill	1 pill	1 pill	1 pill					
Tylenol # 3 / Hydrocodone (only if needed)	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								
Ice packs	20 minutes every 2 hours while awake	20 minutes every 2 hours while awake	20 minutes every 2 hours while awake	20 minutes every 2 hours while awake	Switch to 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	continue hot compress if swollen still	
Massage	3-4 mins after icing	3-4 mins after icing	3-4 mins after icing	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		
45 degree sleep	Yes	Yes	Yes	Yes							
Shampoo		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
*Bacitracin Ointment (after shower)	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	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
Salt water spray		3-4 sprays every hour while awake	3-4 sprays every hour while awake	3-4 sprays every hour while awake	3-4 sprays every hour while awake	3-4 sprays every hour while awake					
Clothing Attire	Button down shirt	Button down shirt	Button down shirt	Button down shirt	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)**