



## ZIERING MEDICAL

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### GENERAL POST-OPERATIVE INSTRUCTIONS (Salt Water Soaks)

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

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

**SALT WATER SOAKS:** You will need gauze, table salt, 1 gallon distilled water, and a spray bottle. Mix 1 gallon of distilled water with 10 tablespoons of salt. This will be your solution to be spraying for the next 5 days after your surgery.

#### **DAY OF SURGERY:**

- Remove all dressings when you get home.
- After dinner, start taking medications as prescribed one hour apart from each other with food.
- Start icing and massaging your forehead as directed
- Use button down shirt
- Sleep at a 45-degree angle

#### **SHAMPOOING**

##### **DAYS 1-5:**

On the day following your procedure (if you are not able to come to our office for a hair wash), you will begin washing your hair using baby shampoo preferably in the morning.

- Do NOT touch or allow the shower stream to hit the grafts for five days.
- To wash the grafted area, pour a small amount of shampoo into a clean cup, and then fill the cup with water creating a soapy solution.
- Next, pour the soapy solution over the grafted area.
- Then, fill the cup with plain water and pour over the grafted area until all of the soap is rinsed out of the area.
- You can wash any ungrafted area and donor area in a normal fashion by using a small amount of shampoo and lightly rubbing the donor area enough to wash off the previous application of bacitracin antibiotic ointment that was applied on surgery day.
- After washing your hair once every day, reapply a thin layer of antibiotic ointment to the donor area.

\*For sutures, apply ointment for 8 days or stop 2 days before suture removal.

\*For FUE, apply ointment for 14 days.



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- Start spraying salt water on grafted area only, spraying 3-4 spritzes, every hour throughout the day while awake. Use every day for 5 days.

### **STARTING DAY 6:**

- Starting on the sixth day, before washing your hair, apply a small amount of baby conditioner or your own conditioner onto the dry, grafted area and leave on for 10-15 minutes. This will help the crusts (scabs) to soften and fall off.
- Continue this method until all of the scabs have fallen off.
- Then you may shower and wash your hair by gently massaging all areas and rinsing under the shower head.
- Continue applying a thin layer of bacitracin antibiotic ointment daily.