

Ziering Medical Post-Op Instructions

(Facial)

	Day Of Surgery	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Herbal Wash or Radiant Cleanser		wash face, avoid grafted area	wash face, avoid grafted area	wash face, avoid grafted area	wash face, avoid grafted area	wash face, avoid grafted area	START washing grafted area gently	wash grafted area	wash grafted area	wash grafted area	wash grafted area
Cleanser Mix		2 sprays once daily to facial area	2 sprays once daily to facial area	2 sprays once daily to facial area	2 sprays once daily to facial area	2 sprays once daily to facial area					
Saline Solution (after cleanser)		spray once to facial area daily then dab dry	spray once to facial area daily then dab dry	spray once to facial area daily then dab dry	spray once to facial area daily then dab dry	spray once to facial area daily then dab dry					
Folican Graft Enhancement Day Spray		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	2-3 Sprays every hour while awake	USE	SPRAY	UNTIL	FINISHED	
Bacitracin		thin coat on sutures after shower	thin coat on sutures after shower	thin coat on sutures after shower	thin coat on sutures after shower	thin coat on sutures after shower	thin coat on sutures after shower	thin coat on sutures after shower	thin coat on sutures after shower	Stop if you had sutures continue for FUE	Stop if you had sutures continue for FUE
45 degree sleep	Yes	Yes	Yes	Yes							
Antibiotic	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	one tablet					
Prednisone	4 pills at once as single dose with food	4 pills at once as single dose with food	4 pills at once as single dose with food								
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								
Clothing Attire	Button down shirt	Button down shirt	Button down shirt	Button down shirt	Button down shirt	Button down shirt					
Suture Removal											suture removal

May use the following after the recommended time:

*Hot tub: 6-weeks
 *Swimming Chlorine: 3-weeks
 *Tanning Bed: 4-6weeks

*Ocean: 3-weeks
 *Sauna: 4-weeks
 *Hair Dye: 4-6weeks

*Helmet: FUE 3-weeks
 *Helmet: Strip 6-weeks

Suture removal Appointment :_____

*Continue Bacitracin Ointment for 14 days if you had FUE