

HAIR TRANSPLANTATION POST-OPERATIVE CALENDAR

May use the following after the recommended time.							
Hot tub:	6 weeks	Hair pieces:	2 weeks (clip-in only, no glue)	Sauna:	4 weeks	Suture Removal Appointment:	
Helmet:	3 weeks (FUE)/ 6 weeks (FUT)	Haircuts:	10 days	Ocean:	2 weeks with the use of sun protection to grafted area (scalp) for 3 months	Tanning bed:	Do not expose grafted or harvested area for 3 months
Hats:	3 days	Hair dye:	4-6 weeks	Swimming (Chlorine):	4 weeks with the use of sun protection to grafted area (scalp) for 3 months	Natural tanning (Sunlight):	3 months

	Day of Surgery	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Prednisone	2 tablets w/ breakfast 2 tablets w/ lunch	2 tablets w/ breakfast 2 tablets w/ lunch	2 tablets w/ breakfast 2 tablets w/ lunch								
Antibiotic Cephalexin or Antibiotic Z-Pack	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						
	2 tablets	1 tablet	1 tablet	1 tablet	1 tablet						
Tylenol # 3 / Hydrocodone (only if needed)	1-2 tablets every 4-6 hours with food	1-2 tablets every 4-6 hours with food	1-2 tablets every 4-6 hours with food								
Ice Packs	10 minutes every 2 hours while awake	10 minutes every 2 hours while awake	10 minutes every 2 hours while awake	10 minutes every 2 hours while awake	Switch to hot compress if swollen over eyes	continue hot compress if still swollen	continue hot compress if still swollen	continue hot compress if still swollen	continue hot compress if still swollen	continue hot compress if still swollen	
Massage	3-4 mins after icing	3-4 mins after icing	3-4 mins after icing	3-4 mins after icing	only if forehead is still swollen	only if still swollen	only if still swollen	only if still swollen	only if still swollen		
45-Degree Sleep	Yes	Yes	Yes	Yes	Start normal sleep						
Shampoo		cup wash	cup wash	cup wash	cup wash	cup wash	Folican sham/cond. for 10 mins before shower, then wash as normal	Folican sham/cond. for 10 mins before shower, then wash as normal	Folican sham/cond. for 10 mins before shower, then wash as normal	Folican sham/cond. for 10 mins before shower, then wash as normal	Folican sham/cond. for 10 mins before shower, then wash 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	STOP IF FUE thin coat on donor area	thin coat on donor area	thin coat on donor area	Use as desired for itch relief			
Folican 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	2-3 sprays every hour while awake	2-3 sprays every hour while awake			
Folican Enhancement NIGHT Spray		2-3 sprays at bedtime	2-3 sprays at bedtime	2-3 sprays at bedtime	2-3 sprays at bedtime	2-3 sprays at bedtime	2-3 sprays at bedtime	2-3 sprays at bedtime			
Clothing Attire	Button-down shirt	Button-down shirt	Button-down shirt	Button-down shirt	Button-down shirt	Button-down shirt					