



Hair Transplant Post - Operative Instructions

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**.

Medications

You will start taking medications as prescribed prior to the start of your procedure.

Antibiotic:	This is taken to prevent a scalp infection.	Complete the full antibiotic course as directed on the package.
Prednisone:	This is an anti-swelling medication. Take as directed. NEVER take this medication on an empty stomach as it can cause extreme nausea and an upset stomach.	<ul style="list-style-type: none">○ You will take 3 days.○ 4 pills daily<ul style="list-style-type: none">- 2 in the morning with breakfast- 2 with lunch
Pain Medication:	Do not take the pain medication if you will be working, driving, or operating any machinery due to possible drowsiness. Do NOT take with alcohol. You may, however, take an aspirin-free medication such as regular or extra strength Tylenol.	For discomfort take as directed.
Minoxidil Topical <i>(Active ingredients in Rogaine)</i>	If you have never used Minoxidil, you may start on Day 10; If you have been using Minoxidil, you may resume 3-5 days after your surgery, but ONLY to the area where there are no grafts.	You may use it on day 10 in the grafted area.
DHT Blockers <i>(Finasteride or Dutasteride)</i>	May continue your normal regimen.	Do not stop prior to surgery.
Vitamins:	You may start taking Vitamin C 24 hours after surgery for up to 2 weeks to minimize forehead swelling and bruising.	
Homeopathics:	Arnica may be used to help with swelling, bruising, aches, and pain.	Arnica tablets should be started at least 3-4 days prior to the procedure to prevent post-op swelling. Arnica Montana gel can also be applied to the forehead and temple areas hourly for the first day post-operatively, then 3-5 times daily for the following 3-4 days

Bio Oil:	This is used to help heal scar (MDEE procedure only)	Please see the instruction sheet.
-----------------	--	-----------------------------------

Please avoid the following:	
Any medication that contains Aspirin or Ibuprofen	5 days pre and post op
Alcohol	5 days pre and post op
Caffeine	1 day
Spicy food	1 day
Vitamin E (found in most multi-vitamins)	Limit – Do not exceed 400 IU's daily.
Fish oil	5 days pre and post op
Smoking	7 days

BLEEDING:
<ul style="list-style-type: none"> ○ Slight bleeding or oozing may occur from the donor area. ○ We recommend placing a clean towel on your pillow for the first several nights (we will provide you with disposable pads). ○ If bleeding occurs, apply firm pressure with gauze or a clean cloth to the area for 10-15 minutes. ○ If bleeding persists after 15 minutes of pressure, please contact our office.

SWELLING:
<p>This is a surgical procedure and swelling does occur. It is part of the healing process. The degree of swelling varies with each patient from mild to pronounced. To minimize swelling, you should do the following beginning the night of surgery:</p> <ul style="list-style-type: none"> ○ Take medication as directed (if prescribed). ○ Apply the gel ice pack to your forehead (for 10 minutes every two hours while awake). ○ After icing, perform forehead massage every time with firm pressure moving the fluid from the center of your forehead out toward both of your ears. Do this for at least 3-4 minutes. ○ Be careful not to touch grafts. ○ Keep your head elevated at eye level when using a cell phone, computer, reading, etc. to prevent additional swelling of your face. Swelling will migrate in the direction gravity pulls. ○ Sleep with your head elevated at a 45-degree angle for the first 3-4 nights following surgery. This can be done by sleeping on a recliner or by using at least 2-3 pillows to support your back and neck in bed. If this is too uncomfortable, the head should be elevated to level above your heart at minimum. ○ Expect swelling to peak on or around the 4th day after surgery. ○ If swelling migrates to eyes (day 3 and 4), switch from cold to warm compress over eyes this will help the excess fluid.

OVERALL EXERCISE:	<ul style="list-style-type: none"> ○ For the 1st week post procedure after refrain from any activities that could increase your blood pressure, such as running, jogging, weightlifting, and sexual activities. ○ When picking up items from the floor, be sure to bend at your knees while keeping your back straight to avoid having your head go below the level of your heart. ○ The increased pressure may cause grafts to pop out.
--------------------------	--

EXERCISE FUT	Avoid sweating until suture removal. Work up to full strenuous workout day 14. If tension is felt at donor area, you are doing too much.
EXERCISE FUE	Avoid sweating until day 7 work. Work up to full strenuous workout day 10.

Post-Op Patient Responsibilities	
DAY 1 SHAMPOOING: If procedure is Monday - Thursday: Friday If procedure is Friday: Monday	<ul style="list-style-type: none"> ○ It is recommended that you come to the office for a hair wash and laser hair treatment. ○ At that time, we will shampoo and check all transplanted grafts. ○ If you are unable to come to the office, you will begin washing your hair using Folican Graft Conditioning Shampoo on Day 1 at home.
DAY 2 - 5 SHAMPOOING:	<ul style="list-style-type: none"> ○ You will either start to or continue to shampoo your hair with Folican Graft Conditioning Shampoo at home, preferably in the mornings. ○ Do not touch or allow the shower stream to directly 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 remainder of the cup with warm 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 multiple times until all soap is rinsed off. ○ You can wash any ungrafted areas and donor areas in a normal fashion using a small amount of shampoo and lightly rubbing the donor area enough to wash off the previously applied antibiotic ointment (Bacitracin).
DAY 1 - 5 AFTER SHAMPOOING	<ul style="list-style-type: none"> ○ After washing your hair every day (once a day), reapply a thin layer of antibiotic ointment to the donor area ONLY. ○ For MDEE sutures, apply for 6 days, do not apply the day before suture removal. ○ For FUE, apply for 3 days. ○ Start spraying Folican Graft Enhancement DAY spray on the grafted area only. Spritz (3-4 sprays) every hour throughout the day while you are awake (if dripping, you've applied too much). Continue using daily until the spray is gone (typically 7 days). ○ One hour before bedtime, spritz (3-4 sprays) Folican Graft Enhancement NIGHT Spray until completely gone.
SHAMPOOING: (Day 6 Post-Op)	<ul style="list-style-type: none"> ○ Starting on the sixth day after surgery, you may wash your hair in a normal fashion. ○ Apply Folican Conditioning Shampoo to grafted area and massage it in for a few minutes. This will help the crusts (scabs) to soften and fall off. ○ Continue this method until all the scabs have fallen off. ○ You may now rinse off the shampoo underneath the shower head.
AFTER SHAMPOOING (Day 6 Post-Op)	<ul style="list-style-type: none"> ○ Continue applying antibiotic Bacitracin ointment and spritzing DAY and NIGHT Spray.

Styling	<ul style="list-style-type: none"> ○ After shampooing your hair, you may use a comb with light-to-moderate strokes (without touching the scalp in the grafted area). NEVER use force. ○ Do NOT use any products on grafted area for 5 days. ○ You may use a blow dryer. It should be on the coolest setting and a few inches away from scalp (preferably 3-5 days after procedure). ○ Haircuts can be done 10 days after surgery, unless otherwise advised. ○ Hair color can be performed after 4-6 weeks. ○ Toppik can be used after 7 days. <p>**Please direct any scalp problems to our Medical Staff (e.g., persisted itching or flaking, ingrown hairs or bumps), so proper treatment can be provided.</p>
----------------	---

CRUSTS:	<ul style="list-style-type: none"> ○ DO NOT scratch or pick at the crusts (scabs) you may accidentally remove a graft or cause an infection. ○ To avoid the scabs falling off naturally, starting on the sixth day, our folican shampoo/conditioner combo may be applied to the transplanted area for 10-15 minutes before shower. ○ Massage the product for a few minutes before washing it off. This will cause the crusts (scabs) to soften and then FALL off. ○ This process should be done until all the scabs have fallen off (typically by day 9 -10).
----------------	--

HEALING:	<ul style="list-style-type: none"> ○ Allow the grafted area to be exposed to as much air as possible. ○ If you will be in the sunlight for more than 5 minutes during the next 3 months, you should protect the grafts by wearing a non-constricting hat after starting on the 4th day following surgery. ○ Ten days after surgery, you may use sunscreen with SPF 30 or higher, but make sure that you wash off all sunscreen at the end of the day. ○ Avoid tanning for 3 months. Hairpieces and wigs should only be worn if completely necessary, no sooner than one week after surgery. <p>**If a graft is accidentally knocked or combed out, immediately place the graft in some of the folican DAY solution and refrigerate. Please call our office</p>
-----------------	--

NUMBNESS:	<ul style="list-style-type: none"> ○ Fine nerve-endings may be cut during each procedure. ○ This will result in decreased sensitivity or numbness to both the donor and recipient areas but usually subsides over a period of 6 to 8 months and can sometimes persist for greater than 12 months.
------------------	---

MDEE SUTURES:	<ul style="list-style-type: none"> ○ Should be removed 8 days post procedure. ○ If you are visiting from out of town, you should contact your Primary Care Provider to make an appointment for suture removal. ○ Please disregard if you had an FUE procedure.
----------------------	--