

Eyebrow Transplant Surgery with Dr. Jesse Smith

Pre- and Post-Operative Instructions

(Please read carefully and keep for reference.)

About the Procedure

An eyebrow transplant involves transferring hair follicles (usually from the back of the scalp) to the eyebrow area to restore or enhance eyebrow shape and fullness. This is typically performed under local anesthesia with minimal downtime. Proper pre- and post-operative care is essential to ensure the best healing and hair growth results. Patience is key as final healing takes up to 1 year.

PRE-OPERATIVE INSTRUCTIONS

6 Weeks Before Surgery

- **No smoking or vaping:** Nicotine can impair healing and increase the risk of complications.

4 Weeks Before Surgery

- **Avoid blood thinners:** Stop taking aspirin, ibuprofen (Advil, Motrin), naproxen, vitamin E, fish oil, and any other blood-thinning supplements or medications unless otherwise instructed by Dr. Smith

Minimize alcohol: Avoid alcohol use at least 1 week prior to surgery.

- **Medical clearance:** Complete any required lab work or clearances if requested by Dr. Smith
- **Plan ahead:** Arrange for transportation home with someone you trust the day of your procedure and plan for a calm, restful recovery period.

1 Week Before Surgery

- Wash your hair regularly and keep the scalp and eyebrow area clean.
- Do not wax, tweeze, or thread your eyebrows.
- Avoid any cosmetic procedures (e.g., Botox, filler, chemical peels) around the eyebrow area.

The Day Before Surgery

- Wash your hair thoroughly the night before.
- Get a good night's rest.
- Hydrate well throughout the day.

Day of Surgery

- Wear comfortable, loose-fitting clothing (a button-up or zip-up top is best so nothing goes over your head).
- Do not wear makeup, lotions, sunscreen, or perfume.
- Eat a good breakfast but do NOT have any caffeine
- Bring your prescribed medications with you. Do NOT take the Valium until you are at our office, have signed consents, and given the OK to take.

POST-OPERATIVE INSTRUCTIONS

Immediately After Surgery

- Mild swelling, redness, and pinpoint scabbing around the brows and donor site are normal.
- Tiny crusts will form around each graft - **do not pick or rub** the area.
- Keep your head elevated on 2-3 pillows when resting to reduce swelling. Only sleep on your back. An airplane pillow is helpful.
- Use any prescribed pain medication or antibiotics as directed.

First 48 Hours

- **Do not touch, scratch, or wash the eyebrow area.**
- Use a cool compress gently above the brows (never directly on the grafts) to reduce swelling.
- Avoid heavy bending, lifting, or strenuous activity.
- Sleep on your back with your head elevated.
- Keep the donor area (back of head) clean as instructed.

Day 3-7

- Begin gentle cleansing of the transplanted area as instructed by Dr. Smith (usually with a saline spray or baby shampoo).
- Grafts may feel itchy as they heal -do **not** scratch!
- Scabs will naturally flake off.
- Avoid swimming, saunas, and direct sun exposure.
- Do not apply makeup to the brows until cleared by Dr. Smith.

Week 2-4

- Most swelling and redness will have resolved.
- Some or all of the transplanted hairs may shed - this is **normal** and part of the process.

- Continue to avoid tweezing or waxing the area.
- You may resume light exercise after 7-10 days if cleared.

Months 2-4

- Shedding phase continues; new growth typically starts around 3-4 months.
- Brows may look patchy during this time - be patient!

Months 6-12

- Noticeable hair growth and improved density occur.
- Hairs may need trimming as they retain scalp growth characteristics.
- Final results are typically seen by 12 months.

DO's & DON'Ts

DO:

- Follow Dr. Smith's instructions closely.
- Keep the grafts clean and protected.
- Be gentle when washing your face and hair.
- Use sunscreen once cleared to protect the area from sun damage.

DON'T:

- Rub, scratch, or pick at the transplanted area.
- Expose the area to direct sunlight, tanning beds, or saunas for 4 weeks.
- Smoke or use nicotine products during the healing period.
- Use harsh skincare or makeup over grafts prematurely.

When to Call the Office

Contact us immediately if you experience:

- Sudden increase in pain, swelling, or redness
- Bleeding that does not stop with gentle pressure
- Signs of infection (warmth, pus, fever)
- Graft loss or trauma to the area

Follow-Up Schedule

- **Day 1-6:** Send us daily photos on Klara & let us know if you have any questions
- **1 week:** Graft healing check
- **3 months:** Growth progress
- **6 months & 12 months:** Final results evaluation

Please reach out to us on our messaging platform Klara or call us if you have any questions!

Ashley Gregory- Patient Care Coordinator - 682) 231- 0387 direct