

# Hair Transplant Pre and Post procedure Instructions

1. Do not wash your hair or use gel, hair spray, or any hair care products.
2. Eat a good breakfast. Do not consume any caffeine.
3. Wear a button-down shirt or something that can be easily removed.
4. Please take medications as directed. **Bring all filled medications with you to the office.**
5. Have someone available to take you to and from your procedure. Please give your driver's contact information to the front desk.
6. Friends or family will not be allowed in the procedure room, as this causes a non-sterile environment. They are welcome to call the front desk to check on your status or wait for you in the front lobby.
7. The procedure will last the majority of the day. Feel free to bring in your own portable electronics, headphones, etc. We want you to be comfortable during the procedure.
8. You may use the restroom at any time during the procedure.
9. You may bring in your own snacks. Lunch will be provided. Please inform the staff of any food allergies or diet restrictions during your consultation.

## After Surgery

1. Alcoholic beverages, ibuprofen (Advil/Motrin), vitamin E, and fish oil are not to be taken for 3 weeks before surgery and for 10 days after surgery. You may take Tylenol. Please inform your physician if you are taking any blood thinning medications, as some may need to be avoided before surgery.
2. **DO NOT SMOKE** or use tobacco products a minimum of 4 weeks prior to surgery and a minimum of 4 weeks post procedure. Doing so can result in unsuccessful post op results, complications, and/or delay the healing process.
3. A pressure dressing may be applied to the back of your scalp where the grafts were harvested (donor site). This dressing should remain in place for 2 days. After 2 days, you may remove the dressing. All donor sites should be closed up and on their way to healing. Apply mupirocin ointment over the donor area once a day for 3 additional days. After 5 days post op you do not need to apply anything further to the donor site.
4. Once the dressing is removed and the grafts dry, they may cause itching. To avoid this from happening, we recommend you fill a small spray bottle with saline and spray the grafts 3-4 times daily to keep them moist. Do not be alarmed by the shedding process-

# Hair Transplant Pre and Post procedure Instructions

this is normal and may take 2 weeks to complete. It is natural to lose the hair shaft as the scab falls out.

5. On occasional instances, minor bleeding may occur from the transplant site and/or donor area. This is normal and can be controlled by applying gentle but firm pressure on the area for 5-10 minutes with a dampened gauze pad. **PRESS ONLY, DO NOT RUB!**
6. If your surgery included frontal hairline restoration, we recommend that you sleep in an inclined position for the next 2 nights after the surgery with minimal pillows under your upper body. If your surgery involved crown work, then we recommend that you sleep with a neck pillow, similar to the kind you use on an airplane. This will raise your crown forward and away from the mattress.
7. To minimize swelling on the forehead or around the eyes, apply an ice pack over the eyebrows for 5-10 minutes every hour. **DO NOT ICE THE GRAFT AREA.** Keep the ice pack below the bandage. If swelling occurs, it will appear on the second or third day after surgery. The swelling is part of the normal healing process and will start to dissipate within 5-7 days. Begin using ice packs immediately after surgery and continue for the first 72 hours. Do not use hot compresses, this will only intensify the swelling.
8. Scabbing will form over the transplant sites and solidify the first few hours after the procedure. These scabs will naturally fall off within 2 weeks. **DO NOT PICK OR SCRATCH** at these scabs at any time. Doing so can endanger the healing of the graft and can cause scarring or chance of infection. Don't be alarmed if there are short hairs in scabs when they fall off. The hair is inside the scalp. It is nature to lose the hair shaft.
9. **Do not wash your head for 72 hours after surgery.** After 72 hours, lightly wet the hair in the shower with a large cup of warm water (not hot). Mix baby shampoo in a cup of warm water and gently pour over entire head, including the sides and back of the scalp. **DO NOT RUB or touch the graft site with your fingers.** Rinse with a cup of warm water. **Do not let the full strength of water pressure hit your head,** as it could dislodge some of the grafts. Do not rub your hair dry with a towel, let it air dry. It is recommended to wash your head daily for the first 2 weeks. You may resume normal washing habits after 14 days.
  1. **Wet hair in shower with a large cup of warm water**
  2. **Mix baby shampoo in a cup of warm water and pour over head**
  3. **Rinse with a large cup of warm water **\*\*Do not use water pressure from the shower head****
10. Do not use hair products for the first 3 weeks (hair sprays, gels, mousse, pomade, etc.). Any hair product with oil or alcohol can be damaging to the grafted areas. When combing your hair, only do so when the hair is wet. Comb the hair in an "up and over" manner that will eliminate scratching/scraping of the scalp and grafts. Do not use a brush.

# Hair Transplant Pre and Post procedure Instructions

11. Avoid any kind of strenuous activity or workouts for 14 days after surgery. Do your best not to raise your heart rate. Some activities in the workplace can be easily resumed a day or two after the procedure. Please ask us if you have any questions or concerns.
12. **TAKE ALL MEDICATIONS AS DIRECTED**
13. **DO NOT USE** peroxide on your scalp or other liquids/ointments unless instructed by your physician. This could affect the healing or success of the procedure.
14. Wait 1 month before resuming Rogaine 5% foam. Propecia does not have to be stopped.
15. Hats may **NOT** be worn for the first 21 days. After 21 days, it is not ideal but hats may be worn, but only when out in public. Do not wear hats unless you have to or intend to be outside for more than 30 minutes under bright sunlight. We recommend wearing a trucker's cap (see pic). Do not wear hats that collapse or touch the scalp, especially where the grafts were placed. You may also begin wearing a sunscreen after 2 weeks to help protect the grafts when you are outdoors. We recommend a minimum strength of SPF 30 with UVA/UVB protection. You can sunburn your grafts, so please avoid the outdoors when it is extremely hot and bright.



## Emergency Instructions

You have had hair transplantation surgery. The surgery sites can bleed the first night after the procedure. If excessive bleeding occurs anywhere on the scalp and cannot be stopped by firm pressure and application of ice to the donor area for a period greater than 20 minutes, then you must proceed to the nearest hospital emergency room or urgent care center. Remember to never ice the grafted/transplanted area.

*Please follow all instructions and take medications as directed. We want you to be happy and excited with your results! Please don't hesitate to call our office should you have any questions.*

Colleyville office: 817-503-2442 (9am-5pm Mon-Fri)

Fort Worth office: 817-920-0484 (business hours and after-hours assistance)

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