

PRE-OPERATIVE INSTRUCTIONS FOR HAIR TRANSPLANT

BEFORE YOUR PROCEDURE:

- *3 Weeks Prior* - Plan for a ride to and from the facility. The option to take valium and PRONOX (laughing gas) will be available. Purchase the items from your 'Recommended Shopping List.'
- *2 Weeks Prior* - AVOID blood thinning agents such as Aspirin, Vitamin E, multi-vitamin, Ibuprofen, Naproxen, Voltaren, Fish Oil, and/or Essential Fatty Acids and other anti-inflammatory medications. Please take Tylenol for any pain or discomfort.
- *7 Days Prior* - Avoid drinking alcohol, smoking, and do not get a sunburn. Optional, begin taking Vitamin C (3000 mg a day) 1 week prior and 1 week after your procedure to aid in healing.
- *3 Days Prior* - Dye any grey hair to permit better visualization of the hairs during the extraction and transplantation. You will be able to color it again 2 weeks after the procedure.
- *1 Day Prior – FUE METHOD ONLY.* You may need to meet with your barber or stylist for a 'bald fade' haircut or fully shave the head. The donor area (back of the head and above the ears) will need to be shaved to zero the day of surgery, while the rest of the hair can remain regular length. You cannot get another hair cut for 3 weeks after the procedure.
- For those choosing the FUT (Strip) method, the back of the head should be at least three-quarters of an inch (3cm) long to hide the incision. The hair on the rest of your hair can be any length.
- To avoid excessive bleeding **DO NOT** exercise the night before or morning of your procedure. You may resume strenuous exercise after 14 days once grafts have established blood supply.

DAY OF YOUR PROCEDURE:

- Wash your hair in the morning of your procedure with your regular shampoo.
- Wear loose-fitting clothing, a button-up shirt is always preferred. If you wish to wear a shirt under your gown, be advised that it will get dirty during the procedure.
- **Eat a large breakfast and hydrate** (proteins and carbs). The lack of calories can lead to more pain and bleeding during your procedure. **DO NOT** drink any caffeine. An increased heart rate can lead to more bleeding during the procedure. You will be provided with lunch and snack breaks during your procedure. Routine prescribed medicines (e.g., blood pressure) should be taken as well.
- Take your first dose of antibiotics (Keflex) and Promethazine one hour before your procedure. Take your first dose of Valium 30min before the procedure. **BRING ALL OF YOUR PROCEDURE PRESCRIPTIONS WITH YOU TO SURGERY:** Keflex, Medrol, Valium, Promethazine, and Norco. You may be instructed to take them throughout the procedure if necessary.
- Be prepared to remove contact lenses before your procedure if you normally remove them to sleep. Bring your contact lens case, solution, and glasses.

POST-OPERATIVE INSTRUCTIONS FOR HAIR TRANSPLANT

AFTER YOUR PROCEDURE:

- Facial swelling in the first week is normal, you may use ice to **face only** to help reduce the swelling. The prescribed Medrol Dose Pak will also help alleviate swelling. **DO NOT** place ice on donor or grafted area.
- Sleep elevated on several pillows or in a recliner chair to help decrease swelling. The longer you sleep elevated, the faster your facial swelling will decrease. Place a towel under your head if there is any bleeding. Avoid exercise for one week after your procedure.
- Light oozing/bleeding from donor area (back of the head) for the first 24 hours is normal. Apply light pressure with a clean damp cloth or gauze for 10 seconds on and 10 seconds off until the bleeding stops.
- Clean the donor area (back of the head) with hydrogen peroxide and water (50/50 dilution) then apply an antibiotic ointment (Bacitracin or Neosporin) twice per day.
- Lightly mist the recipient area (newly transplanted area) with clean water every hour while awake for the first 5-7 days after surgery. You do **NOT** have to wake up in the middle of the night to do this. A spray bottle will be provided for you.
- After 24 hours, you may gently cleanse the recipient area. We recommend filling a large cup with warm (**NOT HOT**) water and mixing in small amount of Johnson & Johnson Baby Shampoo to make a soupy dilution. Pour this mixture onto your entire scalp, then rise with clean water. **DO NOT TOUCH THE RECIPIENT AREAS WITH YOUR FINGERS** as this may cause the grafts to come out.
- You may shower your body normally, but **DO NOT** wash your hair in the shower. This may cause your grafts to dislodge especially during the first 5 days following surgery. After 2 weeks, you may shower normally, letting the water hit your scalp. At this point, any remaining scabs can be gently massaged off. Stop massaging if there is any pain or bleeding.
- No hair care products for 2 weeks and avoid combing or brushing the recipient area.
- You may start 82F 6 - 8 weeks following surgery.

SLEEPING AND ACTIVITY:

- No direct sun exposure to the scalp for more than 30 minutes at a time for the first 7 days. Wearing a hat provides adequate protection. Hats should be a trucker style to avoid any friction to the grafts. Sunscreen can be worn on the scalp after 2 weeks.

WHAT TO EXPECT:

- To accelerate the growth of the new hairs, PRP may be performed at the time of your surgery.
- Excessive swelling in the forehead, brow, and eye area is normal. This usually resolves within the first week of recovery.
- Most of the transplanted hairs may fall out after 2 weeks. In as soon as 2 – 3 months, new hair shafts will begin to grow in a natural fashion and continue to grow at the normal rate of one half to 1 inch a month. Sometimes it can take 9 months or more for all the hairs to start growing. Please be patient and do not compare your recovery process with anyone. Everyone heals differently.
- Some numbness at the graft and donor sites is normal. It can take several weeks, occasionally several months to resolve.

- You may have your hair cut as soon as 3 weeks after the procedure. Hair coloring is permitted 2 weeks after your procedure.
- For 6 months following surgery, the donor and transplanted areas are sensitive to sun. Reapply sunscreen often or wear a hat to avoid hypopigmentation to the area.

EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE OR GO TO THE HOSPITAL

- *Signs of Infection.* Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain, warmth at incision site and temperature over 101°F.
- *Excessive Bleeding.* If the dressings are saturated with bright red blood and you are having to make very frequent dressing changes.
- *Other Emergency Situations.* Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain, or asymmetric swelling in your legs.

Utah Facial Plastics – (801) 776-2220

Our office number connects to our 24-hour answering service after hours.

APPOINTMENT	DATE / TIME	LOCATION	STAFF/PROVIDER
Surgery			
Post-Op Day 1			
2 Week Follow-up			
6 Month Follow-up			Julie (Lead Hair Technician)
1 Year Follow-up			