



## PRE-OPERATIVE INSTRUCTIONS FOR HAIR TRANSPLANT FOR SCALP

### BEFORE YOUR PROCEDURE:

- **3 Weeks Prior:** Plan for a ride to and from the facility. The option of 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 want 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 a zero the day of surgery, while the rest of the hair can remain regular length. The hair team will shave and give you a high fade haircut as best as they can. You can have your barber fix "the high fade" if you are particular with your hair style after 1 week. The top of the head will need to wait for at least 3 weeks for a haircut.
- 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. 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 TO SCALP

### 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 water 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, 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 or the provided 82S 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. Washing your hair everyday will prevent any buildup.
- 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.
- Medical management is highly recommended after surgery to prevent native (non-transplanted) hair follicles from eventually becoming dormant. You may start 82F 6 - 8 weeks following surgery to help thicken the hair shafts and prolong the growth cycle of native hairs.

### 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 there can be temporary shock loss and 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 After Hours Answering Service – (801)299-7660**

APPOINTMENT	DATE / TIME	LOCATION	STAFF/PROVIDER
Surgery			
2 Week Follow-up			
6 Month Follow-up			
1 Year Follow-up			