



Surgery Date: _____ Surgery Time: _____ Arrival Time: _____

Location:

Utah Facial Plastics 2255 N 1700 W Suite 200 Layton, UT 84041

Utah Facial Plastics 723 E 12200 S Suite 200 Draper, Utah 84020

Utah Facial Plastics 1776 US-40 Suite 203, Heber City, UT 84032

Transportation Instructions: If you take Valium (diazepam) or Phenergan (promethazine) prior to your procedure, it is required that you have a family member, or a friend (age 18+), or an uber, drive you to and from surgery. Failure to arrange proper transportation will result in cancellation of your surgery. If it is a smaller procedure and you do not take Valium or Phenergan, then you may drive yourself.

3-4 WEEKS BEFORE SURGERY

Pick up your prescriptions: Medications will be sent at the time of your pre-op appointment and need to be picked up within 7 days. Keep them in a safe place until the day of your surgery.

Smoking: Cessation of all nicotine-containing products 4 weeks before and after surgery including CIGARETTES, ELECTRONIC CIGARETTES (VAPING), PIPE TOBACCO, CHEW, GUM OR "THE PATCH." These products may reduce blood flow and oxygen to the surgical site, causing a delay in wound healing. This leads to complications such as infection, skin necrosis, and excessive scarring. Please inform your pre-op nurse or surgeon of any other recreational drug use.

2 WEEKS BEFORE SURGERY

STOP ALL Over the counter NSAIDS (non-steroidal anti-inflammatory drugs): such as Aspirin, Ibuprofen, Naproxen, Motrin, Advil, Aleve, Diclofenac, and Meloxicam. You may resume these 2 weeks after surgery.

*Use Tylenol in place of other over the counter pain relief medications as it does not have blood thinning properties. If you take prescription blood thinners, your prescriber will work with our staff to decide the safest time to restart these medications.

STOP Alcohol: Discontinue alcohol consumption for at least 2 weeks before surgery and avoid it throughout your recovery period. Alcohol increases bleeding risk, delays healing, and may interfere with medications and anesthesia.

STOP ALL Herbal Supplements: supplements including, but not limited to vitamin E, omega-3, fish oil, ginkgo, garlic, ginger, turmeric, flaxseed, feverfew, St. Johns Wart, dong quai, willow bark, saw palmetto, valerian root, ginseng, ephedra, licorice, goldenseal, and chromium. You may resume these 2 weeks after surgery.

STOP Retinol: Retinol increases skin sensitivity and fragility, potentially impacting the procedure and healing. It may be resumed approximately 4 weeks after surgery, once the skin has healed.

START Vitamin C: Begin taking 1,000–3,000 mg of vitamin C daily divided into 3 doses. Vitamin C plays a vital role in wound healing. Reduce dosage accordingly if you experience any stomach discomfort such as diarrhea, heartburn, or abdominal pain. Continue for 2 weeks after surgery.

1 WEEK BEFORE SURGERY

STOP any topical hair growth medications such as Minoxidil, Finasteride, and Dutasteride.

Hair Care: It is not required to dye your hair for any transplant surgery. If you regularly color your hair, plan to do so at least 1 week before or wait until at least 3 weeks after.

AVOID the sun during the summer months to refrain from getting sunburnt on your scalp.

Meal prep: Focus on high-protein, high fiber, and nutrient-rich foods after surgery. Avoid salty, sugary, or processed foods that can increase swelling or slow healing.

DAY BEFORE SURGERY

FUE (extraction) method: Hair on the back of the scalp and above the ears must be shaved to a zero. If you prefer, you may have a barber give you a “bald fade,” as the length on the top of your head does not matter. You can cut your hair again 3 weeks after surgery. Female patients will have a small hidden area shaved in office on the day of surgery.

FUT (strip) method: Hair on the back of the scalp should be at least 3 quarters on an inch (3cm) long to hide the incision. The rest of your hair can be any length. You can cut your hair again 3 weeks after surgery.

Do **NOT** exercise on the night before or the morning of surgery to avoid excessive bleeding. Exercise may be resumed after 2 weeks.

DAY OF SURGERY

Shower: The morning of surgery and wash your hair. This will help reduce the risk of infection by eliminating bacteria. Do not wear jewelry, makeup, moisturizer, sunscreen, or any other products on your hair or face.

START taking the prescribed antibiotic (Keflex/cephalexin) the morning of surgery by following the instructions on the bottle or the provided medication sheet. Take 2 tablets of Journavx one hour before arrival. If applicable, take 1 tablet of Valium and 1 tablet of Phenergan one hour before arrival. Bring the second Valium and Phenergan tablets with you along with the rest of the prescribed procedural medications. *If you take Valium or Phenergan, you must have a ride to and from your surgery.

Eat a balanced breakfast full of fats, proteins, and carbs (and lunch if surgery is scheduled later in the day). Avoid drinking coffee or caffeine before surgery as it may increase your risk of bleeding and lead to dehydration.

Attire: Dress in clean and comfortable clothing. Preferably a zip up or button down top to avoid pulling anything over your head.

Arrival at Facility: Please arrive on time at your designated surgical location. The Valium and Phenergan should be in effect, making you feel relaxed and comfortable. You will have an opportunity to speak with your surgeon before the procedure, so please come prepared with any questions you may have. For eyebrow transplant surgery, bring a photo of your desired shape. Pronox (laughing gas) will be available to provide relief from the local numbing injections.

If you have any additional questions, please do not hesitate to give us a call at 801-776-2220.

We look forward to seeing you on the day of your surgery!





WHAT TO EXPECT: Mild to moderate pain/discomfort. Depending on the location of your hair transplant you may experience facial swelling in the forehead and around the eyes that may last around 3-5 days. One side may be more swollen or painful than the other. Most of the newly transplanted hairs fall out after 2 weeks. In 2-3 months, new hair shafts begin to grow at a rate of one half to one inch a month. Temporary shock loss is normal, and some areas may take around 9 months or more to start growing. You may feel tingling/numbness in some areas that last for several months. You may experience transient hair thinning in the areas adjacent to the incision line (FUT method only). This is normal and will resolve with time.

MEDICATIONS: You will be prescribed medications to help with pain and discomfort, take your medications as prescribed and avoid overuse of prescription pain pills. As your pain decreases, switch to extra strength Tylenol. To prevent nausea, do not take pain medication on an empty stomach. **DO NOT take any NSAIDS such as ibuprofen/aspirin products or herbal supplements for 1 week after surgery** as these may increase your risk of bleeding/bruising. *See medication sheet for details.

EXTRACTION SITE: You may have a dressing that can be carefully removed after 24 hours. Light oozing/bleeding from the incision or extracted follicles may occur within the first 24-48 hours. If continuous bleeding occurs, apply light pressure with a clean damp cloth or gauze for 10 seconds on and 10 seconds off. Do not apply pressure to newly transplanted grafts.

DO NOT TOUCH the newly transplanted grafts for *two weeks*; this includes your fingers, with a brush, or the shower stream. (beard transplants- caution with eating, kissing, etc.)

SALINE SPRAY: A spray bottle filled with saline will be sent home with you to lightly mist the recipient area (transplanted hair) to keep the area hydrated and help reduce the urge to itch. Spray the area hourly while awake. Do not oversaturate; it does not need to be wet. Continue for 5-7 days after surgery.

POSITIONING: Do not lay flat after surgery; your head and torso need to be elevated 30-45 degrees. Sleep in a recliner or use pillows/foam wedges. Do not sleep on your side. Placing a pillow under your knees may help keep you from turning over. Continue for 2-3 weeks or until swelling has subsided.

SHOWERING/WASHING YOUR HAIR: You may shower the day after surgery and wash your body only. DO NOT allow the shower stream to hit your head. (If you are taking narcotic pain medication, make sure someone is nearby. Hot water combined with pain medication can make you dizzy/lightheaded and increase your risk of falling. The method of washing your hair will be determined by the location. Begin cleaning 24 hours after surgery by following the instructions on the next page.

- **Donor area** (extracted hair follicles from the back/side of your head)- FUT method: clean the incision *twice a day* with a Q-Tip soaked in a 50/50 solution mixture of hydrogen peroxide and water. After cleaning apply an antibiotic ointment to the incision; re-apply ointment as needed throughout the day to prevent dryness. Discontinue cleaning after 3 days. Continue ointment applications until sutures have dissolved. FUE method:

Keep an antibiotic ointment on the area and reapply throughout the day as needed to prevent dryness. Continue until sutures have dissolved.

- **Recipient area** (transplanted hair follicles on scalp, eyebrows, or beard)- Fill a cup with warm water and add a tsp of baby shampoo. Gently pour the mixture over the newly transplanted hair by aiming the stream onto surrounding facial areas. Fill another cup with warm water and gently rinse. Do not use a towel, allow the area to air dry. Continue *once daily* for two weeks.

*After two weeks you may shower normally and use your regular shampoo. Brushing/combing may be resumed. Any leftover crusting/scabbing may be removed by gently massaging the area. You may cut or color your hair after 3 weeks.

ACTIVITY: Rest is essential during the first 24–48 hours after surgery; however, to promote healthy circulation and reduce the risk of blood clots, take short 10-minute walks around the house every 2–3 hours. **Avoid activities that raise your heart rate or blood pressure**, as overexertion may lead to bleeding, increased swelling, and a longer recovery time. Do not lift more than 5–10 pounds. Unless otherwise directed by your surgeon, normal exercise can resume 2 weeks after surgery.

COLD COMPRESS: DO NOT ICE. To heal properly, it is important to get warm, oxygen rich blood flow to the area. If the area gets too cold, it can restrict blood flow and delay wound healing. You may apply a cool cloth to facial areas that are away from the incision and transplanted graft sites.

SUN EXPOSURE/HATS: In the first 7 days, avoid direct sun exposure on the scalp, or any other transplanted area (beard or eyebrows), for more than 30 minutes at a time. Sunscreen may be applied after 2 weeks and should be worn for 6 months to avoid hypo/hyperpigmentation. Use a broad-spectrum 30+ sunscreen containing zinc oxide when outside. “Trucker” style hats may be worn directly after surgery, as their higher crown and mesh back allow airflow and reduce pressure on the surgical area. This style of hat may only be worn if its placement does not disrupt the grafts.

NUTRITION: While there are no dietary restrictions after surgery, it's best to begin with mild, soft, easy-to-digest foods to prevent pain and nausea. Decrease salt/sugar intake and focus on increasing protein and fiber. Minimize caffeine and drink plenty of water to support healing and prevent constipation.

THINGS TO AVOID: Do not use topical 82F, 82D, or 82M for 4 weeks after surgery. All nicotine containing products are prohibited for 4 weeks. Alcohol and all herbal supplements should be avoided for 2 weeks after surgery. Do not use marijuana edibles while taking narcotic pain medication. Do not use saunas or submerge incisions in hot tubs, swimming pools, oceans, bathtubs or any other body of water for at least 2 weeks.

CALL THE OFFICE IF THE FOLLOWING OCCURS:

- Medication reactions including itching, generalized redness or hives
- Separation of incisions
- an increase in pain/swelling that is not improving
- a spreading redness
- drainage that appears cloudy, yellow, green or has a foul smell
- warmth at the incision site
- temperature over 101 degrees Fahrenheit
- Any other questions or concerns

CALL 911 IMMEDIATELY if you experience chest pain, difficulty breathing or lack of responsiveness.

FOLLOW UP APPOINTMENTS: You will have a series of post-op appointments to ensure everything is healing as expected. Your patient care coordinator will give you a printout of your appointments. Due to full schedules, these appointments are scheduled in advance.

Utah Facial Plastics After Hours Answering Service – (801) 299-7660

