

Pre- and Post- Procedure Instructions for Hair Transplant

The following instructions should be carefully followed before and after a hair transplant or scalp procedure. If you are unclear about any of the instructions, please contact our office.

This procedure will take a full day. Please plan on being here all day. The length of the procedure is determined by the amount of grafts, how well the procedure is going, blood pressure, if there is unusual bleeding or graft popping, etc. It is important to follow pre-op and post-op instructions.

PRE-OPERATION:

- The use of testosterone products can be a leading cause of male pattern baldness. Dihydrotestosterone is made from testosterone. Due to hair follicle sensitivity, dihydrotestosterone causes hair follicles to miniaturize, shortening their life span. For best results, the use of testosterone products at any time is strongly discouraged.

ONE WEEK BEFORE PROCEDURE:

- Refrain from smoking and nicotine products one week before and after your procedure. Nicotine constricts blood vessels making it difficult for oxygen rich blood to get to the surgical site.
- If you have ever experienced high blood pressure, asthma, chest pains or palpitations, liver or kidney problems, sleep disorders, or shortness of breath, it is extremely important that we have this information before your surgery.
- Stop using Minoxidil (Rogaine) products.

THREE DAYS BEFORE PROCEDURE:

- **Refrain from alcohol three days before and after the procedure. Alcohol makes you more likely to bleed during a surgical procedure.**
- **Stop taking any medications or vitamin supplements that contain aspirin for 3 days before the procedure.** This medication increases your risk for bleeding making it very difficult for your newly transplanted grafts "to take." ***Bleeding during the procedure also adds hours to the amount of time necessary to complete the procedure.*** Be sure to check with a pharmacist before using any over the counter medications. Many over the counter medications such as Alka-Seltzer, Bufferin, Excedrin, etc., contain aspirin.
- Shower with shampoo and conditioner to clean the scalp the night before your FUE procedure.

ON THE DAY OF YOUR PROCEDURE:

- Lunch will be provided, if appropriate, based on the procedure length. Please let us know any food allergies or restrictions.
- You will be given light sedation during the procedure. Due to the length of the procedure, light sedation will allow you to relax helping to pass the time quickly. You should consider arranging transportation home.
- Wear comfortable clothing that does not need to be pulled over your head. A button down or zippered shirt is easiest. Valuables should be left at home.
- Cell phones need to remain off during procedure.
- Please do not bring reading material or computers with you since you will be in a reclining position for the majority of the day and unable to use them. We provide a TV, an iPad, and have some movies available for your entertainment.
- We ask that family members or friends not visit over the course of the day.

So that you may better plan your post-procedure activities, please read through the following instructions before your procedure.

AFTER YOUR PROCEDURE:

WOUND CARE:

- You will be supplied with a baseball cap at the end of the procedure to wear home. To minimize swelling, apply an ice pack or frozen peas over the eyebrows for 15 minutes every hour, **not on the grafts and at least one inch from the area where the grafts were placed.** You should expect to see small “scabs” at many of the graft sites. These will usually fall off within 7-14 days. Please do not pick them off; you may disturb the newly planted grafts.
- You will experience the hair in the grafts falling out over the first few weeks after the procedure. This is expected and your new hair will start growing approximately 4-6 months after your procedure. Additional hair in the area of the transplant may fall out due to the stress of the transplant. This hair will re-grow along with the transplanted hair.

ACTIVITY:

- Avoid bending, lifting and straining for 1 week after your procedure. Avoid strenuous activity of any kind for 1 week. Too much activity could cause swelling, bleeding, and loss of grafts. Keep activity VERY minimal. Bend at the knees instead of at the waist when picking up objects and tying shoes to avoid blood rushing to the head.

MEDICATIONS:

- **Follow the medications instruction sheet provided with your post-surgery care package.**

FOLLICULITIS:

- Folliculitis is inflammation of hair follicles that can cause pimple-like lesions. Occasionally, a patient may develop this as the new hair is beginning to grow through the surface.
- If this happens, apply a warm, moist cloth to the area for several minutes, three times a day. *Folliculitis will not affect your outcome. Do not pop these pimple like lesions.*

NUMBNESS:

- Some numbness at the graft sites will most likely occur. This is normal and will begin to resolve in six to eight weeks. Some patients may notice small areas that will remain numb for up to one year.

REDNESS:

- Some redness at the graft sites may occur. This is normal and will begin to resolve in one to six weeks. Some patients may notice small areas that can remain red for up to three months. After 3 weeks post-procedure, patients may use Hydrocortisone Cream to help decrease redness.

SPECIAL INSTRUCTIONS:

- **You will need to avoid direct sunlight or cold for three weeks by wearing a hat or other covering that is not knit or tight and will not compress the grafts.**
- **It is normal to bleed slightly overnight. To protect your linens, you may want to put a towel over your pillow for the first few nights after the procedure.**
- **Call our office if you develop any of the following: Fever (higher than 100 degrees F), unexpected swelling (some forehead swelling is not unusual), heavy bleeding, foul drainage, persistent nausea and vomiting, or any other concerns.**