



POST-OPERATIVE INSTRUCTIONS FOR FOLLICULAR UNIT EXTRACTION

After your procedure

Medications: These are the medications that will be provided by the office. If you are not able to take any of them (i.e. due to allergies) please let us know before your procedure. You need to purchase an antibiotic ointment like Bacitracin or Neosporin to apply to the **donor area** twice a day for the first 3 days after your Procedure.

Sleeping and Activity

- The first night sleep with your head elevated on several pillows or in a recliner chair to prevent swelling. Place a towel under your head if there is any bleeding.
- Avoid any strenuous physical activity for the first 3 days to prevent loss of grafts or increased swelling. After **14 days**, weight lifting, heavy exercise, etc... may be resumed, with swimming able to be resumed at 14 days.
- No direct sun exposure to the scalp for more than 30 minutes at a time for the first 5 days. Wearing a hat provides adequate protection.

1. Caring for and Cleaning the Scalp

- Occasionally there is some slight bleeding from the back (donor area) and or several graft sites the first 24 hours. Simply apply light pressure with a clean cloth or gauze for 10 minutes
- You may gently clean your hair on the second day as follows (this is also the routine to use for the first 7 days after your procedure):
 1. Using a cup to pour it over the scalp (top, sides, and back). Wet your head in the shower with warm water using the cup. Using a mild shampoo, lather it in your hands, and **gently** pat it onto the graft areas, then lightly rub it into the other parts of the scalp, including sides and back.
 2. Gently rinse off the shampoo, with cup then air dry then pat dry. No blow dryer for 14 days.
 3. Combing, performed gently, is permitted on the seventh day.
 4. Continue this routine daily for the first 14 days. After this, you may begin to shampoo normally making circles with your index and middle finger, letting the water hit your scalp.

5. Any remaining crusts after 8 or 9 days should be gently rubbed off. Stop there if there is any pain or bleeding, then wait 2 more days to begin rubbing.

2. **What to expect**

- Some numbness at the graft and donor sites is normal. It can take several weeks to resolve.
- Some of the transplanted hairs will fall off with the crusts at 5 to 7 days. **Do Not Panic** for these are only the hair shafts, while the hair follicles remain in the scalp. Most of the rest of the transplanted hairs will fall out over the next 2 weeks. In as soon as 3 to 4 months, the new hair shafts will begin to grow in a natural fashion and will continue to grow at a normal rate of one half to 1 inch a month. Sometimes it can take 7 to 9 months or more for all the hairs to start growing. Be patient.
- To accelerate the growth of the new hairs I recommend patients begin applying 5% minoxidil once or twice a day starting three weeks after the procedure. If the minoxidil should cause redness or irritation of the scalp, stop using it for 1 week then resume once every other day. I also recommend using the Igrow Low Laser Light therapy to protect your new hair. Once the hairs are growing in, at around 4 months, the minoxidil can be stopped, and the transplanted hairs will continue to grow. The occasional patient is sensitive to minoxidil (scalp itching, chest palpitations, lightheadedness) in which case it should be stopped.
- Be Patient for the hairs to grow in. As they emerge from the scalp, occasionally there will be a few acne-like pimples. If this happens, apply warm soaks and antibiotic ointment several times a day for 3 days. If not resolved, please call the office.
- You may have your hair cut as soon as 3 weeks after the procedure. Hair coloring is permitted 3 weeks after your procedure.

What to avoid (5-7 days after Surgery)

- No aspirin products
- No Ibuprofen
- No exercise
- No sexual activity
- No multivitamin

Please do not hesitate to contact the office with any questions or concerns. After hours and on

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We are here to make this process as smooth and comfortable as possible for you. Please feel free to contact our office if you have any questions or need additional information.