POST-OPERATIVE INSTRUCTIONS
Hair Transplants

Medications: Please take 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 3 nights 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 14ays.
- **No direct sun exposur**e to the scalp for more than 30 minutes at a time for the first 2 months, Wearing a hat provides adequate protection.

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 moist clean cloth or gauze for 10 minutes
- You may gently clean your hair on the 3rd day with baby shampoo after treatment (Ex-If your procedure ends at 5pm on Monday then you can wash your hair at 5pm Thursday) .

Below is also the routine to use for two weeks days after your procedure:

1. Use a cup to pour it over the scalp (top, sides, and back).
2. Wet your head in the shower with warm water using the cup.
3. Use a mild shampoo, lather it in your hands, and **gently** pat it onto the graft areas
4. Lightly rub using small circular motion into the other parts of the scalp, including sides and back.
5. Using the cup gently rinse off the shampoo
6. **AIR DRY ONLY**. **No blow dryer for 14 days**.
7. Combing, performed gently, is permitted on the **14th** day.
8. Continue this routine daily for the first 14 days. After this, you may begin to shampoo normally making gentle circles with your index and middle finger, letting the water hit your scalp.
9. Any remaining crusts after 8 or 9 days should be gently washed off. Stop there if there is any pain or bleeding, then wait 2 more days to begin rubbing.

2053 Valleygate Drive, Suite 102, Fayetteville NC 28304 **Office:** 910.323.3757 **Fax:** 910.222.3068

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 those are only the hair shafts, 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 two 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 14 days after transplant to up-regulate hair growth and maximize results. 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 twice 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
- No alcohol

Please do not hesitate to contact the office with any questions or concerns. 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 910-323-3757.

2053 Valleygate Drive, Suite 102, Fayetteville NC 28304 **Office:** 910.323.3757 **Fax:** 910.222.3068