

# After hair transplant instructions

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## **General**

1. Most patients experience minimal or no discomfort. If you should have some mild discomfort, Advil or Tylenol is generally sufficient to ease the discomfort. You can be given a prescription for a small amount of stronger medication, but most patients find it unnecessary to take these. Significant pain or discomfort is very unusual and should be reported to our office.
2. Remember to avoid aspirin, herbal medications, vitamins, tobacco, and alcohol as prescribed in the preoperative instruction sheet.
3. If you feel discomfort in your donor area (in the back of your head), apply ice packs 20 minutes on and then 20 minutes off while awake for the first four days as needed.
4. Avoid any strenuous activity for a minimum of one week. Always listen to your body and do not over exert yourself. Gradually return to your exercise regimen. If you do not feel up to it, wait until you feel ready to return to your normal exercise routine.
5. You may have swelling across the forehead, temple or ears. This is normal and will resolve after the first night or two.

## **Swelling Prevention**

1. Sleep sitting up (at a 45 degree angle) for the first 3 to 4 nights. An adjustable “Lazy Boy” recliner would be ideal. If not available, then sleeping with a couple of pillows will serve as a second-best alternative. A “U” shaped neck pillow would help to keep your head in the correct position.
2. Apply ice on the forehead (never directly on the transplanted area) for 20 minutes on and 20 minutes off while awake for the first four days.
3. Swelling is a normal part of healing. It typically worsens after 2 to 3 days and then quickly subsides. Swelling will not adversely affect your hair growth.

## **Bleeding**

1. If you should notice any bleeding, apply pressure with gauze for 5 minutes without interruption. This action should slow down or arrest any further bleeding.
2. We expect some slight bleeding from the donor area stitches (back of the head) for the first day. We recommend that you protect your pillow with a dark towel to avoid staining.

## **Washing and Styling Your Hair**

1. Do not wash your hair or touch the transplanted area for the first 24 hours. Do not let the shower flow onto your head at all during this time.
2. Thereafter for the next week, you should wash your hair twice a day, gently massaging the back and sides of your scalp with your fingers using shampoo and gentle shower pressure. Have a facecloth covering the grafts so the shower spray does not hit directly onto the grafts.
3. Be careful when combing or brushing not to drag the tips across the grafts or sutures.

## **Scabbing/Crusting**

1. You will have tiny crusts that indicate healing around the transplanted hair. Please allow the scabs to fall away by themselves. **DO NOT PICK AT THEM.**
2. You may return to your normal hair washing routine after one week. You should not notice any scabbing left approximately 10 days after surgery.

## **Rogaine and Propecia**

1. It takes a minimum of 3 months before you begin to notice hair growth in the transplanted areas. You may notice some temporary hair loss in the transplanted areas, typically 6 to 12 weeks after surgery. Do not worry: these “shocked” hairs will return. Use of Rogaine and/or Propecia will help minimize this temporary shedding and will also help reduce future hair loss and strengthen post-transplanted hair.
2. Propecia can be taken before, during, and after surgery. However, Rogaine/Minoxidil must be stopped 1 day before until 2 days after surgery. At times, Rogaine/Minoxidil may cause some scalp irritation, especially after surgery. If this should happen, you should wait and resume Rogaine/Minoxidil at a later time.

**DO NOT TAKE ANY CHANCES** – If you are concerned about anything you consider significant, please contact us immediately.

We appreciate your confidence in us. We are here to help at all times and thank-you for the privileges of helping you to improve your appearance and confidence.