

Instructions for Transplants to the Chest/Body

- Once transplanted, the hairs will grow similar in appearance to already existing chest/body hairs, but will need to be trimmed on average once every 2 weeks.
- Your adherence to the following instructions will help assure that you get the very best results.

1. Before your procedure

- **For 10 days prior to your procedure**, do not take aspirin or Vitamin E, ginkgo biloba, or any multivitamins (these contain Vitamin E). Many medications contain aspirin, so please be sure to read all medication labels. You may take acetaminophen (e.g. Tylenol) in place of aspirin.
- **For 3 days prior to your procedure**, do not take anti-inflammatories (e.g. ibuprofen), avoid drinking alcohol, and do not get a sunburn.
- **Make arrangements for transportation** home if you will be receiving any sedation during the procedure. The type of sedation you receive will be up to you and Dr. Epstein. These procedures typically take 4 up to 7 hours to perform. For chest hair transplants, given the large area of the body to be worked on, Dr. Epstein will sometimes recommend that the procedure be performed under twilight (intravenous) sedation to allow for the most comfortable experience.
- **If you live out of town**, make arrangements with the office for transportation and hotel accommodations.
- **To help cover the donor site sutures**, the hair in the back of your head only needs to be one-half inch (2 cms) in length.
- **Vitamin C (1000 to 2000 mg a day)** for 1 week prior to your procedure may help with healing.

2. The day of your procedure

- Have a light breakfast, but **no caffeine** on the morning. You will be provided lunch and offered snack breaks. If you are receiving twilight (intravenous) sedation, have nothing to eat or drink after midnight the night before.
- Routine prescribed medicines (e.g. blood pressure) should be taken.
- Wear a shirt that can be buttoned in the front rather than a pull-over. Remove all jewelry, watches, etc.
- Please feel free to bring any music on CDs or MP3 players to which you wish to listen during your procedure. Our procedure rooms are also equipped with satellite radio.

3. After your procedure

- **Medications** – take as prescribed and provided by the office.

___ **Keflex** - antibiotic to prevent infection. Take 1 pill twice a day for 3 days.

___ **Tylenol #3 or Lortab** - mild pain pill containing codeine or hydrocodone. Take 1 to 2 pills every 4 to 6 hours as needed for discomfort that may be felt in the donor area. Advil (Ibuprofen) and Aleve (Naproxen) are also very effective and do not cause sedation, and should be taken at the earliest sign of discomfort- they can also be taken with the Tylenol #3 or Lortab for the best results.

___ **Other** - _____

4. Caring for the transplants

- There will be tiny crusts where each graft was placed which will fall off at 4 to 6 days. Gently rub off any remaining crusts at 1 week – if there is any discomfort or bleeding, stop and begin to rub again 2 days later. There will also likely be a mild amount of pinkness to the area for a few days after the crusts fall off. Some patients also have bruising to the chest area, which can take as long as 10 days to resolve.
- Most of the transplanted hairs will fall out by 2 to 3 weeks. This is normal, as the hairs will start to grow back 2 to 3 months later. Once the hairs start to grow back, you need to trim them on a regular basis.
- Patients are presentable the very next day without any signs of having had a procedure if clothing is covering over the areas transplanted.
- For the first 5 days after the procedure, do not get the transplanted areas wet. On the 5th day, you can begin wash normally, and full exercise is permitted. Normal hair shampooing is permitted the day after your procedure.
- Avoid excessive sun exposure for the first 3 weeks after your procedure.
- **Many of our out-of-town patients** can receive absorbable sutures, thus do not have to have them removed as they will dissolve. If **nonabsorbable** sutures were used, they can be removed on the 10th to 12th day by a family member, friend, or local doctor using the kit provided by the office. If you live close to one of our offices, you can return on the 10th to 12th day for suture removal. If the grafts were obtained by the FUE technique, then there are no sutures.

5. What to Expect

- **Some numbness** for the first few weeks above the small suture line in the scalp is normal. It will take several weeks, occasionally several months to completely resolve.
- You may have your hair cut as soon as the sutures have been removed. Hair coloring is permitted 2 weeks after your procedure.

