

Pre and Post-Operative Instructions for Eyebrow/Eyelash Transplants

- Eyebrow/eyelash hair restoration is a delicate process. Your adherence to the following instructions will help assure that you get the very best results.
- As the transplanted hairs are from the scalp, they will need to be trimmed typically once a month.

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 2 to 3 hours to perform.
- **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. The donor incision will be just 2 to 3 inches long.
- **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.
- 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.
- Be prepared to remove contact lenses before your procedure.
- 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.
- Patients are recommended to bring sunglasses to wear home after surgery.

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** - mild pain pill containing codeine. 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 for the best results.

___ **Prednisone** -to prevent swelling. Take 1 pill (50 mgs) with food once a day for 2 days.

___ **Other** - _____

4. Caring for the transplants

- There will be tiny crusts where each graft was placed which will fall off at 3 to 4 days. Gently rub off any remaining crusts at 5 days – 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 of the transplanted hairs will fall off over the following 2 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 will need to trim them once or twice monthly, and occasionally apply some hair gel to “train” some of the hairs to grow flat to the forehead in the ideal direction.
- For most patients, at 4 or 5 days they are presentable without any obvious signs of having had a procedure other than they will have new hairs, and possibly some mild flaking.
- For the first 3 days after the procedure, wash your face very gently using a washcloth with soap and water if desired. It is important not to wet the eye area during the first 3 days. On the 5th day, normal face washing, showering, and exercise is permitted but do not rub the eye area for 2 more days. Normal hair shampooing is permitted the day after your procedure.
- Avoid excessive sun exposure for the first week after your procedure.
- For **eyelash transplant patients**, contact lenses should not be worn for the first week after your procedure. At 2 to 3 months, once the hairs start to regrow, you will need to trim them once or twice monthly, and sometimes need to “curl” them with an eyelash curler.
- **Most patients** 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 using the kit provided by the office, or you can return to the office for suture removal.

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.

