

Pre and Post Operative Instructions for Facial Hair Transplants

- Once transplanted, the hairs will grow just like normal beard/mustache hairs. They can be shaved or allowed to grow out.
- 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 2 to 4, up to 5 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.
- **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.
- 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.
- You can begin to shave at 1 week.
- 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 can shave them normally.
- 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 5 days after the procedure, do not get the transplanted areas wet. On the 5th day, you can begin wash your face 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.

NOTE THE FOLLOWING:

- Please arrive at the office at _____ on the day of your procedure.
- These instructions will be reviewed with you after your procedure.
- It has been explained to you that a choice of anesthesia provider exists.
- The office of Dr. Epstein is regulated pursuant to the rules of the Florida Board of Medicine as set forth in the Rule Chapter 64 B8 FAC.

