

## Foundation For Hair Restoration

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Locations: Miami, Boca Raton, Tampa, Jacksonville, & NYC

### 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 your Foundation for Hair Restoration surgeon. 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

- For the first 3 days after the procedure avoid getting your eyebrows wet. Wash your face gently with a wash cloth, avoiding eyebrows. On the 4<sup>th</sup> day, eyebrows may be splashed with water and cleansed by pressing soap into eyebrows and again splashed with water. **Avoid rubbing.**
- On the 5<sup>th</sup> day you may resume normal face washing and eyebrows may be gently rubbed at this time. The tiny crusts where each graft was placed will fall off in 3 to 4 days. If there is any discomfort or bleeding, stop and begin to rub again 2 days later.
- Some of the transplanted hairs will fall off with the crusts after the 5th day. The rest of the hairs will fall off over the following two weeks. This is normal and the hairs will start to grow back in three months.
- Once the hairs grow back, you will need to trim them once or twice a month, as needed. Hair gel or eyebrow gel may be needed occasionally to train a few of the hairs to grow flat along the forehead in the ideal direction.
- For most patients, at 5 days they are presentable without having any obvious signs of having had a procedure, other than they will have new hairs.
- Do not apply ice to eyebrow area, only to the eyes as needed for any swelling.
- 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.
- Our office can provide for you to be seen on a regular maintenance basis by someone who trims/sculpts eyebrows and curls eyelashes.
- **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 10<sup>th</sup> to 12<sup>th</sup> 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.

**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 Florida offices of the surgeons of the Foundation for Hair Restoration are regulated pursuant to the rules of the Florida Board of Medicine as set forth in the Rule Chapter 64 B8 FAC.

***Please do not hesitate to contact the office with any questions or concerns. After hours and on weekends, your Foundation for Hair Restoration Surgeon, Dr. \_\_\_\_\_, can be reached by calling \_\_\_\_\_. Everyone in the office is here to help you and make sure your post-procedure course goes as smoothly as your procedure.***

I, \_\_\_\_\_ acknowledge receipt of these instructions.

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature for the office

\_\_\_\_\_  
Date