

Pre and Post-Operative Instructions for BHT (body/beard donor)

Hair restoration is a delicate process and it is important that you understand the nature, goals, potential complications, and limitations of this procedure which are explained to you. Your adherence to the following instructions will help assure you get the very best results. If you have any questions, please do not hesitate to ask.

Pre-Operative Instructions

- **VERY IMPORTANT: Your hair in the planned BHT donor areas-** this can include the beard, the chest, the back, and other areas- need to be properly prepped starting ideally **6 weeks prior** to the surgery, but at least 3 weeks prior. Starting 6 weeks prior, minoxidil 5% (Rogaine) needs to be applied once or twice a day (twice if starting less than 6 weeks in advance) to all the planned for donor areas. Then, five days prior to your procedure, **ALL** the areas of the body and face that may be a donor area need to be shaved down to the skin, then allowed to grow for the next five days. If you have any questions re: this process, please do not hesitate to call or email the office.
- **Ten days prior to your procedure:** do not take aspirin, vitamin E, ginkgo biloba, or any multivitamins (as these contain vitamin E). Many medications also contain aspirin, so please be sure to read all medication labels. You may take acetaminophen (Tylenol).
- **Three days prior to your procedure:** do not take any anti-inflammatory medications (e.g. Ibuprofen), do not drink any alcohol, and do not over-expose to the sun.
- **Make arrangements for transportation** from the office after your procedure if you will be receiving any sedation. The type of sedation you receive will be decided upon by you and the doctor, but many patients choose to take an oral sedative to make the procedure more relaxing and comfortable. We also offer twilight sedation, which must be arranged ahead of time, and which require you not to eat anything that morning. Procedures typically take four to eight hours, sometimes a bit longer or shorter, depending on the number of grafts.
- **If you are traveling from out of town,** please make the necessary arrangements for your hotel, flights, and transportation. Our office is here to assist you with your accommodations and we have a list of recommended hotels near the office.
- **If you have gray scalp or body hair and you color it,** make sure it gets colored **within three days** prior to your procedure to permit better visualization of the hairs. You will be able to color your hair again two weeks later.
- **For best healing,** please refrain from smoking for one week before and one week after your procedure.
- **Taking vitamin C** 1000 to 2000 mg a day for one week prior to your procedure may help with healing. To reduce bruising, **vitamin K**, 100 micrograms a day can be taken starting five days before surgery and continuing for two days after.

Day of your procedure

- **Eat a regular breakfast, but no coffee or caffeinated beverages** in the morning as these can increase bleeding and sensitivity to medications. You will be provided lunch in the office and offered breaks during your procedure.
- **Routinely prescribed medications** (e.g. for blood pressure) should be taken in the morning as usual unless otherwise instructed.
- **Wear clothes that do not need to be pulled over your head** to prevent pulling out grafts immediately after your procedure. Please remove all jewelry.
- **Be prepared to remove contact lenses** before your procedure if you normally remove them to sleep.
- **Feel free to bring music** to listen to during your procedure. Our procedure rooms are also equipped with satellite radio, as well as an **iPad** to allow you to watch a movie on Netflix® or surf the internet.

Foundation for Hair Restoration and Plastic Surgery

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Post-Operative Instructions

Medications: These are the medications that will be given to you by the office. If you are not able to take any of them (i.e. due to allergies) please let us know **before** your procedure. This will allow us to properly call in a different prescription to your local pharmacy.

- **Keflex** – antibiotic to prevent infection. Take one pill twice a day for three days.
- **Tylenol #3** – mild pain pill containing codeine. Take one to two pills every four to six hours as needed for any discomfort in the donor area. Advil, Aleve, and Tylenol are also very effective and should be taken with the earliest sign of discomfort.
- **Specialized ointment-** will be given to you to be applied to all the BHT donor areas twice a day for the first five days to accelerate the best healing. You can wash the body areas starting the first day after surgery regularly, then apply the ointment afterwards.
- You will be given prescriptions for **Percocet** (a stronger pain pill) and **Ambien** (for sleep) on the day of your procedure. These prescriptions can be filled for you while you are having your procedure.

Sleeping and Activity

- **For the first night**, sleep with your head elevated on several pillows or in a recliner chair to prevent swelling, and place a towel under your head for possible light bleeding.
- **Avoid any strenuous physical activity** the first two days after your procedure to prevent increased swelling and loss or damage of grafts. After six days, you may resume moderate exercise, weight lifting, etc. After 10 days, you may resume swimming.
- **No direct sun exposure** to the scalp and body areas for more than 30 minutes at a time for the first two weeks.

Caring for and Cleaning the Scalp

- Your scalp will be cleaned before leaving the office on the day of your procedure. Often there is some slight bleeding from the back (donor site area) or top of the head for the first 24 hours. Simply apply light pressure with a clean cloth or gauze for 10 minutes.
- Most patients return to the office the first or second day after the procedure for a hair wash, including Saturday. If you are not coming to the office to have your hair washed, you may gently clean it beginning the second day until five days later as follows:
 - a. **Wet your head** in the shower with cool to warm water, pouring it over your scalp (Top, sides, and back) using a bowl.
 - b. **Using mild shampoo**, lather it in your hands and gently pat it onto the graft areas while lightly rubbing it into other parts of the scalp, including the sides and back.
 - c. **Gently rinse off** the shampoo, and then pat dry.
 - d. **Combing** is permitted on the third day as long as it is performed gently.
 - e. **Continue** this routine daily for the first five days. On the sixth day, you may begin to shower normally, letting the water hit your scalp as usual.
 - f. **Any remaining crusts** after nine days should be rubbed off. If you experience any pain or bleeding, stop and wait two more days before you begin rubbing again. It is **very important** that you rub all these crusts off by two weeks.
- On the sixth day after surgery, begin to wash your hair normally.

ATP Spray for Post-Procedure Care

- ATP may accelerate the healing of the graft areas, due to a combination of its energy-bearing ingredients and its ability to keep the area moist. Apply the ATP spray that you will be given to the graft areas every 30 to 60 minutes while awake for the first three days.

What to Expect

- **Numbness, tingling, or similar sensations** along the top and back of the head is not uncommon, and totally normal. This will generally take several weeks, occasionally months, to resolve on its own.
- **The transplanted hairs** often will fall out with the crusts as soon as five to eight days after the procedure. **Do not panic** for these are only the hair shafts, while the hair follicles remain in the scalp. Most of the rest of the transplanted hairs will fall out over the next two weeks. In as soon as four months, the new hair shafts will begin to grow in a natural fashion and will continue to grow at the normal rate of $\frac{1}{2}$ to $\frac{3}{4}$ of an inch a month. It can take 8 to 12 months for most of the hairs to grow in. Occasionally, it may be up to 14 months before all of the hairs regrow.

- **Healing of the beard** is very quick- usually all healed up within 3 days, with essentially no long term scarring at all.. **The other body areas** such as the chest and abdomen and back can take 3 to 8 weeks to heal up fully, and in a small number of patients there can be prolonged pink dots for several months. When these chest and other body areas heal up, they typically leave tiny white dots that on very close inspection can be visible especially when the areas is exposed to sun.
- **To accelerate the growth of the new hairs** you can apply 5% minoxidil (Rogaine® Foam is often preferred) once or twice daily starting three weeks after the procedure. **If the minoxidil should cause redness or irritation of the scalp, stop using it for one week and then resume once every other day.** Once the hairs begin to grow in, at around five months, the minoxidil can be stopped, and the transplanted hairs will continue to grow. The occasional patient can be sensitive to minoxidil and may experience scalp itching, chest palpitations, or lightheadedness, and in these cases, it should be discontinued.
- **To accelerate healing and potentially speed up hair regrowth**, many patients utilize **low level laser light therapy.** If you live near our Miami office, this therapy can be started as soon as the day after the procedure when the hair wash is performed, (if you live out of the area or it is inconvenient to make it to the office, we also have 2 excellent at-home units available). Completely painless, the treatments consist of 30 minute sessions under the in-office laser hood. We have also found – confirming scientific studies – that this therapy actually slows or stops the progression of hair loss in about 70-80% of patients with long term use, and can even thicken the existing hairs in around 40%. Ask your patient advisor for more information. If you purchased a laser cap to use at home, you can start this five days after your procedure, three times a week.
- **Be patient** for the new hairs to grow in. As they emerge from the scalp, there occasionally will be a few acne-like pimples on the scalp. If this happens, apply warm soaks and antibiotic ointment several times a day for three days, and if not resolved, please call the office so we can phone in a prescription for an oral antibiotic.
- **There are several ways** to camouflage any evidence of a procedure during the first week before the crusts fall off. You will be given a fashionable baseball cap to wear out of the office, and can begin to wear a hat as soon as the first day after. If you already have some hair, the crusts can usually be effectively concealed using **Toppik®**, a color-matched powder that is sprinkled onto the grafted area. Provided by the office, **Toppik®** can be applied as soon as the third day after the procedure, once you are completed with the ATP spray. For most patients, there is some mild pinkness of the scalp, which usually resolves within a week. You may have your hair cut as soon as two weeks after the procedure, careful not to cut the hair too short during healing. Hair coloring is permitted two weeks after your procedure.

The Florida offices of the surgeons of 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 call (preferably text) your surgeon with only emergent questions when the office is closed. Dr. Epstein can be reached at (305) 310-6361. Dr. Bared can be reached at (305) 975-2859. All post op questions need to be either phoned in to the office (305) 666-1774 and/or sent in by email to your Patient Advisor and Cindy@fhrps.com

IN CASE OF ANY EMERGENCY, PLEASE DIAL 911.

I, _____, acknowledge receipt of three pages of these instructions. (Print name)

Patient Signature

Date