

Pre and Post Operative Instructions for Eyebrow/Eyelash Hair Transplants

Hair restoration to the eyebrows/eyelashes 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 during your consultation. 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:

- **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) if necessary in place of Aspirin.
- **Three days prior to your procedure:** do not take any anti-inflammatory medications (e.g. Ibuprofen), avoid drinking alcohol, and do not over-expose yourself to the sun.
- **Make arrangements for transportation** from the office for after your procedure if you will be receiving any sedation during the procedure. The type of sedation you receive will be decided upon by you and the doctor. These procedures typically take between two and four hours to perform.
- **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.
- **To help cover the donor site sutures,** the hair in the back of your head needs to be ½ - ¾ inch (2 cm) in length. The donor incision will be just two to three inches long.
- **For best healing,** please refrain from smoking for one week prior to and one week after your procedure as some of the factors caused by smoking may contribute to poor wound healing after a transplant.
- **If you choose, taking Vitamin C,** 1000 to 2000 mg a day, for one week prior to your procedure may help with healing. Also, to reduce the incidence of bleeding during surgery, **Vitamin K,** 50 to 80 micrograms a day, can be taken starting five days before surgery and continuing for two days after.

_____ (Please initial)



Jeffrey S. Epstein, M.D., FACS



Day of your procedure:

- **Have a light breakfast, but no coffee or caffeinated beverages** in the morning as these substances will 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 as usual unless otherwise instructed.
- **Wear clothes that do not need to be pulled over your head** to prevent dislodging grafts immediately after your procedure. Please remove all jewelry, watches, etc.
- **Be prepared to remove contact lenses** before your procedure if you normally remove them to sleep.
- **Feel free to bring music** on CD or MP3 players for you to listen to during your procedure. Our procedure rooms are also equipped with satellite radio.
- **Patients are recommended** to bring sunglasses to wear home after surgery to conceal the surgical areas.

Post-Operative Instructions:

Medications: These are the medications that may be prescribed 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 your prescription to your local pharmacy.

I hereby acknowledge the medications below have been prescribed to me. _____ (please initial)

_____ **Keflex** – antibiotic to prevent infection. Take one pill twice a day for three days.

_____ **Tylenol #3** – mild pain reducing pill containing codeine. Take one to two pills every four to six hours as needed for any discomfort in the donor area. Advil (ibuprofen) and Aleve (naproxen) are also very effective and should be taken with the earliest sign of discomfort. They can be taken with the Tylenol #3 for best results.

_____ **Other**

Your procedure is scheduled for _____.

_____ **(Please initial)**

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Caring for the transplants

- **For the first five days**, avoid getting your eyebrows wet. Wash your face gently with a wash cloth, avoiding eyebrows. At five days, eyebrows may be splashed with water and cleansed by pressing soap into eyebrows and again splashed with water. **Avoid rubbing.**
- **On the sixth day**, you may resume normal face washing and the eyebrows may be gently rubbed at this time. The tiny crusts where each graft was placed will fall off at around three to four days. If there is any discomfort or bleeding, stop and begin to rub again two days later.
- **Some of the transplanted hairs will fall off** over the next two weeks. This is normal and the hairs will start to grow typically in three to four months.
- **Once they begin to regrow**, you will need to trim the hairs two or three times 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.
- **Most patients are presentable** the very next day after without any obvious signs of having had a procedure other than that they will have new hairs.
- **Do not apply ice** to eyebrow area, only to the eyes as needed for swelling.
- **Avoid excessive sun exposure** for the first three weeks after your procedure.
- **For eyelash transplants**, contact lenses should not be worn for the first week after your procedure. At around three months, once the hairs start to regrow, you will need to trim them two or three times monthly and sometimes “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 if you desire.
- **Most patients** receive absorbable sutures and thus do not need to have them removed as they will dissolve. If **nonabsorbable** sutures were used, they can be removed at 10 to 12 days by a family members, friend, or local doctor using the kit provided by the office. If you live close to one of our offices, you can return for suture removal at 10 to 12 days. If the grafts were obtained by the FUE technique, there are no sutures.

What to expect

- **Numbness, tingling, or similar sensations** at the graft sites and above the suture line in the scalp is common and normal. This will generally take several weeks, occasionally several months, to resolve on its own.
- **You may have your hair cut** as soon as the sutures have been removed. Hair coloring is permitted 2 weeks after your procedure.
- **Once transplanted**, as they are from the scalp, the hairs will need to be trimmed several times a month.

_____ (Please initial)



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Note the following:

- Please arrive at the office at _____ on the day of your procedure
- These instructions will be reviewed with you before and after your procedure
- It has been explained to you that a choice of anesthesia provider exists.

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 do not hesitate to contact the office with any questions or concerns you have. After hours and on weekends, Dr. Epstein can be reached by calling (305) 310 – 6361. The entire office staff is here to help you and make sure your procedure course, pre and post, goes as smoothly as your procedure.

IN CASE OF ANY EMERGENCY, PLEASE DIAL 911

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

Patient Signature

Date

Witness (print name)

Date

Witness Signature

Date

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