

Pre and Post Operative Instructions for FUG Hair Transplants

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 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. 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. Procedures typically take six 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 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 to three weeks later.
- **Your hair in the donor area** should be a minimum of ½ inch to ¾ inch long to allow the hairs to cover up the sutures in the donor area. No hair in the recipient site area will be trimmed, therefore the hair on the rest of your head can be any length.
- **For best healing,** please refrain from smoking for one week prior to and one week after your procedure as it may contribute to delayed healing.
- **Taking Vitamin C** 1000 to 2000 mg a day for one week prior to your procedure may help with healing.
- Also, to reduce bruising, **Vitamin K**, 50 to 80 micrograms a day, can be taken starting five days before surgery and continuing for two days after.

____ (Please initial)

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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, 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 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.

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.

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 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.

_____ You will be given prescriptions for **Percocet** (a stronger pain pill) and **Ambien** (for sleep) on the day of your procedure.

_____ **Other**

Your procedure is scheduled for _____

_____ **(Please initial)**

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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 oozing or bleeding.
- **Avoid any strenuous physical activity** the first two days after your procedure to prevent increased swelling and loss or damage of grafts. After five days, you may resume moderate exercise, weight lifting, etc. After 10 days, you may resume swimming.
- **No direct sun exposure** to the scalp for more than 30 minutes at a time for the first five days. Wearing a hat provides adequate protection.

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. If you are not coming to the office to have your hair washed, you may gently clean it beginning on 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, 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 eight or 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.

GraftCyte for Post-Procedure Care

- GraftCyte may accelerate the healing of the graft areas, due to a combination of the copper it contains and its ability to keep the area moist.
- Spray the GraftCyte spray to the graft areas every 30 to 60 minutes while awake for the first three days.

_____ (please initial)

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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 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.
- **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. Female patients should use 2% minoxidil. **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 speed up hair regrowth**, all patients are offered at no charge **low level laser light therapy** for the first month. This therapy, LLLT, can be started as soon as the day after the procedure when the hair wash is performed in the office, and continued once or twice weekly for that month. Completely painless, the treatments consist of 20 minute sessions under the in-office laser hood. We have also found – confirming scientific studies, - that this therapy may help slow down or stop the progression of hair loss with long term use, in around two-thirds of patients.
- **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 bandana 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 GraftCyte 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.

_____ (Please initial)

Witness Signature

Date

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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 texting (preferred) or calling (305) 310 – 6361. The entire office staff is here to help you and make sure your before and after course goes as smoothly as your actual procedure.

IN CASE OF ANY EMERGENCY, PLEASE DIAL 911.

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

Patient Signature **Date**

Witness (print name) **Date**

Witness Signature **Date**

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