

## Pre and Post Operative Instructions for 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 during the procedure. 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.
- **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 weeks after your procedure.
- **Your hair in the donor area** will be trimmed quite short to permit the extraction of hairs. Depending upon the number of grafts being transplanted, this may involve trimming a small area on the back and/or sides of the scalp that that can easily be covered up by surrounding hair and or clothing. You should plan accordingly, and discuss this with the doctor and/or his assistants as to what is recommended for you. 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 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)

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**Day of your procedure:**

- **Eat a regular 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 in the morning as usual unless otherwise instructed.
- **Wear clothes that do not need to be pulled over your head** to prevent damaging 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.

**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, Aleve, and Tylenol are also very effective and should be taken with the earliest sign of discomfort.
- \_\_\_\_\_ **Antibiotic Ointment** – like Bacitracin or Neosporin should be purchased to apply to the donor area twice a day for the first three days after your procedure.
- \_\_\_\_\_ **Let us know** if you would like a prescription for a sleeping pill and/or stronger pain medication like Percocet or Vicodin if necessary.
- \_\_\_\_\_ **Other**

**Your procedure is scheduled for \_\_\_\_\_.**

\_\_\_\_\_ **(Please initial)**

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### Sleeping and Activity

- **Sleep** with your head elevated on several pillows or in a recliner chair to prevent swelling. Place a towel under your head the first night for possible oozing or bleeding.
- **If you experience swelling on the forehead** on the second day after your procedure, keep the tape that has been applied on your forehead continually for three days.
- **Avoid any strenuous physical activity** the first two days after your procedure to prevent swelling and loss or damage of grafts. After five days, you may resume moderate exercise, weight lifting, etc. After ten 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 several graft sites 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 as follows:
  - **Wet your head** in the shower with cool to warm water, pouring it over your scalp (top, sides, and back) using a bowl.
  - **Using a mild shampoo, lather** it in your hands and gently pat it onto the graft areas, while lightly rubbing it into the other parts of the scalp, including the sides and back of the scalp. Be sure to wash the sutured areas well.
  - **Gently rinse off** the shampoo, then pat dry.
  - **Combing** is permitted on the third day as long as it is performed gently.
  - **Continue** this routine daily for the first five days. After this, you may begin to *lightly* rub the graft area to help remove crusts, and shower normally, letting the water hit your scalp as usual.
  - **Any remaining crusts** should be rubbed off after eight days. If you experience any pain or there is any bleeding, stop and wait two more days before you begin rubbing again.
- **Many of our out-of-town patients** can receive absorbable sutures that do not have to be removed in the office, as they will dissolve on their own. If **nonabsorbable** sutures were used, they can be removed at 10 to 12 days after using the kit provided to you by the office. Otherwise, you are to return to the office at 10 to 12 days for suture removal.

\_\_\_\_\_ (Please initial)

### 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.

### What to Expect:

- **Numbness, tingling, or similar sensations** at the graft sites and above the suture line is common and normal. This will generally take several weeks, occasionally several months, to resolve on its own.
- **In the case of slight itching post-operatively, pure aloe** can be applied twice daily.
- **The transplanted hairs** often will fall out as the crusts fall off at five to eight days. Most of the hairs fall out at three weeks. **DO NOT PANIC** for these are only the hair shafts, while the hair follicles remain in the scalp. In most cases, in as soon as three to four months, the new hair shafts will continue to grow in a natural fashion and will continue to grow at a normal rate of one half to one inch a month. It can take eight to twelve months for most or all 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 any case, should stop using it.
- **You do not need to stop the use of Propecia/Proscar at the time of your procedure.**
- **To accelerate healing and speed up hair regrowth**, all of our patients who have had transplants are offered at **low level laser light therapy at no charge 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. The therapy consists of once or twice weekly, completely painless, 20 minute treatments spent under the laser hood in our office. The laser provides critical coherent beams as a direct source of laser light, in a hood that goes over the scalp, shown to be ideal for promoting hair growth. Studies have shown that this therapy may also have a benefit with long term use in helping to slow down the progression of hair loss in the future in 85% of patients.
- **Be patient** for the new hairs to grow in. As they emerge from the scalp, occasionally, there will be a few acne-like pimples at the site. If this happens, apply warm soaks and antibiotic ointment several times a day for three days. If not resolved, please call the office so we can phone in a prescription for an antibiotic.

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- **The first week there are several ways** to camouflage any evidence of a procedure. 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 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, which usually resolves within a week. You may have your hair cut as soon as the sutures have been removed. Hair coloring is permitted three 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 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 five pages of these instructions.*  
(Print name)

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

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Witness (print name)*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Witness Signature*

\_\_\_\_\_  
*Date*

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