

### Post Operative Instructions for Hair Transplants

*Hair restoration is a delicate process. 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.*

**Medications** – Take as prescribed

\_\_\_\_\_ **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 have also been prescribed **Percocet** (oxycodone) which can be taken instead of the Tylenol #3 for greater discomfort.

\_\_\_\_\_ **Ambien** has been prescribed for sleep as needed.

\_\_\_\_\_ **Other**

### 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. Avoid getting a sunburn on the scalp for the first six days.

### 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.

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

*Jeffrey S. Epstein, M.D., FACS*

6280 Sunset Drive, Suite 504, Miami, FL 33143 • (305) 666-1774  
60 E. 56th Street, Third Floor, New York, NY 10022 • (212) 759-3484  
Toll free (800) 370-2883 • Fax (305) 666-6708

Miami • New York • Boca Raton • Tampa • Los Angeles

jsemd@fhrps.com • www.foundhair.com • www.womenscenterforhairloss.com • www.plasticsurgeryoftheface.com

**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 that has been given to you, to the graft areas every 30 to 60 minutes while awake for the first three days. If you need to fly, a TSA approved small spray bottle is available.

**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 ½ to ¾ of an a month. It can take eight to twelve months for most of the hairs to grow in. Occasionally, it may be up to fourteen 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.

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*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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