SmartGraft Pre-Operative Instructions

* Night before get a good sleep, no alcohol or smoking.
* If you color your hair you should do so prior to the SmartGraft procedure. Patients should wait 6 weeks after procedure to home color hair and 8 weeks to professionally color hair.
* Wash your hair day of surgery and do not use gel, hair spray or any hair care products.
* Eat a good, healthy breakfast.
* Wear a button down shirt, something easily removed. Do not wear a pullover shirt.
* You should arrive at the office at your scheduled time.
* Pre-operative photos will be taken:
	+ For patient’s chart only \_\_\_\_\_\_\_\_\_
	+ Okay for marketing, internet, social media, and in-office use without patient identifiers \_\_\_\_\_\_\_\_
* Medications may be given; this includes a sedative and antibiotic. (If a sedative is given, make arrangements to be driven home)
* Staff will cut the hair in the donor site to the appropriate length prior to procedure.
* Please ask questions; we want you to be well informed.

During the Procedure

* You may bring in your own videos or music as long as it is appropriate for everyone.
* At any time during the procedure you may use the restroom.
* Our office will provide you with snacks so you keep up your strength.
* Friends and family are not allowed in the surgery room during the procedure.

Post-Operative Instructions

* Alcoholic beverages, ibuprofen (Advil, Motrin) and aspirin are not to be taken for 48 hours after surgery. We will provide you with a prescription for pain medication if needed.
* On limited occasions, minor bleeding may occur from the transplant site and/or donor area. This can be controlled by applying gentle but firm pressure in the area for not less than 5-10 minutes with a dampened gauze pad. Press only, do not rub.
* Sleep in an upright position the first night after surgery. This will help prevent swelling of the scalp and forehead. Try not to sleep on your face.
* To prevent swelling on the forehead or around the eyes, apply an ice pack (package of frozen peas work well) over the eyebrows for 5-10 minutes every hour. Do not apply to the grafts. If swelling occurs it will appear on the second or third day after surgery. The swelling is a part of the normal healing process and will usually disappear within 48 hours. Begin using ice packs immediately after surgery and continue for the next 72 hours. Do not use hot compresses, this will only intensify the swelling.
* Scabbing will form over the transplant sites and solidify the first few hours after the procedure. Scabs naturally fall off within 2 weeks. Do not pick or scratch scabs; doing so can endanger the healing of the graft and could cause scarring or chance of infection. Don’t be alarmed if there are short hairs in the scabs when they fall off. The hair bulb is inside the scalp. It is natural to lose the hair shaft. If itching continues call us.
* Do not wash your head for 24 hours after the surgery. After 24 hours, lightly wet the hair in the shower, spread shampoo in your hands and gently pat the shampoo on, do not rub. Rinse lightly in shower (using a cup is a good idea) and do not let the full strength hit your head as it could dislodge some of the grafts for the first 5 days. It is recommended to wash your head daily for the first 2 weeks.
* For the first week be careful of what kind of strenuous activity you perform. Weight lifting and intense workouts should not be done for 7 days. Most activities in the work place should be easily resumed a day or two after the procedure. Please ask us if you have any questions or concerns.
* Hair products (gels, hairs pray, etc.) may not be used for 1 month after the procedure.
* Do not run a brush or comb through the hair for 10 days or until all scabs have fallen off.
* With the FUE procedure there are no sutures to remove and it is normal for small holes where donor hair has been extracted to bleed some the first night. These should be completely healed in 24-48 hours.