



**Texas Center for Hair Restoration**  
Science. Restoration. Artistry.

## **Eyebrow Restoration Post-Operative Instructions**

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**\*\* KEEP THESE INSTRUCTIONS FOR REFERENCE DURING THE FIRST 12 MONTHS AFTER YOUR HAIR TRANSPLANT PROCEDURE\*\***

Eyebrow restoration surgery is a delicate procedure in which its optimal outcome is based on both the hair restoration staff as well as the patient's adherence to these post-operative instructions. Our ultimate goal is that you are more than satisfied with the care you receive, and we encourage you to contact us with any problems or questions.

### **FOLLOW UP APPOINTMENTS**

Your first follow-up visit will be the day following the surgery. Please come in at \_\_\_\_:\_\_\_\_AM/PM on \_\_\_\_\_ for bandage removal and post-operative check.

Your second follow up is 10-14 days following your procedure, unless told otherwise.

Subsequent follow up appointments will be at 4 months, 8 months and 12 months from the date of surgery.

### **POST-OPERATIVE MEDICATIONS**

1. **Antibiotics:**

Purpose: This is to prevent a skin infection that you may incur.

Quantity: 10 tablets (Take one tablet twice daily for 5 days, beginning the day *before* surgery).

Comments: Do not take this medication on an empty stomach. If you develop any allergy to the medication, please stop the medication and call our office.

2. **Prednisone:**

Purpose: Helps prevent or limit swelling.

Quantity: 12 tablets (Take 1 tablet three times a day for 4 days, beginning the morning of surgery).

Comments: Please take with food. Possible side effects may include jitteriness or excitability, however, this is particularly rare given the low dosage.

3. **Narcotic Pain Medication (Vicodin):**

Purpose: Pain relief.

Quantity: 20 tablets (Take 1-2 tablets every 4-6 hours as needed for moderate pain).

Comments: DO NOT WAIT UNTIL YOU HAVE PAIN. Do not take this medication on an empty stomach. After **3 days**, you may take Aleve (Naproxen), Ibuprofen (Motrin, Advil) or Extra Strength Tylenol during the day as directed and save the narcotic pain medication for bedtime. Alcohol should not be consumed while taking this medication. In addition, narcotic pain medication may cause drowsiness; therefore driving under the influence of narcotics is not recommended. This medication should be taken with food and may cause constipation. As a result, it is recommended that you purchase an over-the-counter stool softener such as Colace or Senokot-S from your local pharmacy.

4. **Valium (Diazepam):**

Purpose: Relaxation; sleep aid.

Quantity: 7 tablets (Take 1 tablet to help with relaxation and sleep 15 minutes before bedtime).

Comments: Alcohol should not be consumed while taking this medication. In addition, Valium is a sedative so it may cause drowsiness; therefore driving under the influence of narcotics is not recommended.

## **POST-OPERATIVE HAIR KIT**

The TCHR Hair Rejuvenation Kit technology's unique delivery system utilizing Glycolic Acid in a low pH formula is proven to reinforce the roots and improve hair structure, generating body and volume for visibly healthier, fuller hair and promotes a balanced pH to the scalp to create an environment suitable for follicle growth.

### **TCHR Volumizing Glycolic Shampoo**

Developed using a

glycolic acid formula to open up hair follicles and repair the surface of the scalp by sweeping away oil, bacteria and dead skin cells from scalp and hair. Generates body and volume for visibly healthier, fuller hair and promotes a balanced pH to the scalp to create an environment suitable for wound healing and follicle growth.

### **TCHR Volumizing Glycolic Conditioner**

Improves overall body, thickness and manageability for visibly healthier hair and restores the moisture content and pH to the scalp and hair.

### **TCHR Aminoplex Repair Vitamins**

A completely natural oral supplement formulated with the essential amino acids necessary for hair, skin and nail growth. Rejuvenates brittle and thinning hair for a visibly thicker, healthier appearance and helps support newly transplanted hair growth.

### **Normal Saline Follicle Spray**

The purpose of normal saline spray is to help keep the grafts moist and allow for better healing.

### **TCHR Squalane Serum**

Squalane is an organic compound made of olives that is an important key to naturally healthy skin. Squalane keeps skin in top condition by keeping it hydrated, encouraging the growth of newly transplanted hair and, most importantly, it is used to moisten the scabs that develop following surgery. This will reduce the risk of itching, redness and help gently eliminate the scabs that must be removed in order to allow the hairs to grow in and prevent any eyebrow infections.

### **Bacitracin Antibiotic Ointment**

Used to prevent minor skin infections along the donor area.

### **Other Products**

1. Neck pillow
2. Protective goggles
3. One blue/white underpad to protect bed linens

## EYEBROW CLEANING AND MANAGEMENT

### Eyebrow Washing

You may begin washing your eyebrows 24 hours following the procedure. Please follow the instructions as directed:

1. Wet your face with a cup or bowl of room temperature water or with a gentle stream of water from the shower. If you use the shower block the stream with your hand so that the water pressure is not too strong.
2. Wash the grafts with baby shampoo gently with a washcloth or fingertips (not fingernails) using a slight patting motion (DO NOT RUB) and let it sit for 3-5 minutes.
3. Gently rinse off with a cup or bowl of water or a gentle stream of water (not direct pressure) from the shower.
4. Pat dry gently with a towel. DO NOT RUB THE GRAFTS TO DRY THEM.
5. Do this **twice** a day starting 24 hours after surgery for the first 7 days.
6. After 7 days you can begin to wash your face normally and can lightly rub the grafted area from in to out to help remove crust that has not yet been removed.
7. Again, you may normally shower at any time; however, make sure not to apply direct pressure from your shower head to your eyebrows until day 7 following your procedure.

### Eyebrow Care

1. The tiny crusts where each graft was placed will fall off at around 3 to 7 days. Gently rub off any remaining crusts at 7 days – if there is any discomfort or bleeding, stop and begin to rub again 2 days later. There will also likely be a mild amount of pinkness to the area for a few days to a week after the crusts fall off.
2. Some of the transplanted hairs will fall off over the next 2-3 weeks. This is normal and the hairs will start to grow typically in three to four months.
3. Most patients are presentable 4 or 5 days after the procedure without any obvious signs of having had a procedure other than they will have new hairs, and possibly some mild flaking.
4. Beginning 24 hours after the procedure you may use the Normal Saline Follicle Spray over the eyebrows every 2-3 hours while awake until the bottle is empty, in order to keep the grafts moist.
5. Do NOT apply ice to the eyebrow area, but only to the eyes and/or forehead as needed for swelling.
6. Protective goggles (provided) should be worn while sleeping for the first 2 nights.
7. Avoid excessive sun exposure for the first three to four weeks after your procedure. Wearing a hat is recommended if you will be out in the sun.

### Donor Incision Care:

Keep the area clean and dry for the first 24 hours. After, you may rinse the donor scar area with direct pressure from the shower head. Avoid exposing scars to direct sunlight for at least 6 months. Always use sunscreen with zinc oxide.

### Donor Incision Care For FUT Procedure:

1. Do not soak your donor wound in the tub while sutures or staples are in place.
2. To remove scabs and crust from the donor incision, use warm water and either a washcloth (while showering) or Q-tips and gently roll it across the suture line and in between the staples.
3. After the suture line is thoroughly cleaned, you may apply a very small amount of Bacitracin antibiotic ointment over the incision line twice daily, using a Q-tip until your sutures or staples are removed. Make sure to use a small amount of the ointment and be sure to clean it off from the incision line well before re-applying, to prevent a buildup along the donor scar.
4. You will be asked to perform this strategy for the first 4 days. After, you may begin using the Squalane Serum in the same manner as the Bacitracin antibiotic.
5. If you ordered the compounded scar cream, you may apply the scar cream as directed once you have had your sutures or staples removed. This cream is important for the prevention and management of

excessive and abnormal scar formation, such as hypertrophic (red, raised) scars and keloids, giving a better cosmetic result. You should use the cream for at least 90 days and up to 1 year for best results. If you did not order the scar cream, you may use Vaseline, Eucerin and Aquaphor for the same duration. Again with any products, make sure to clean off the product before re-applying, to prevent buildup along the donor scar.

6. Avoid exposing scars to direct sunlight for at least 6 months. You may apply sunscreen with zinc oxide after your suture or staples have been removed.

For FUT patients, please remember that it takes between 6 to 12 months for the donor scar to mature. It may get red and lumpy before it begins to flatten and become lighter in color. Not until it is white and flat is it mature, so please be patient.

#### **Donor Scar Care For FUE Procedure:**

1. You may apply TCHR Squalane Serum over the donor area (back of the head) with a Q-tip twice daily beginning 4 days after surgery. You may do so for 7 days. Make sure to use a small amount of the ointment and be sure to clean it off from the donor area well before re-applying, to prevent a buildup along the donor scar.
2. If you ordered the compounded scar cream, you may place a thin amount over your donor scars as directed 7 days following your procedure, for at least the first 90 days and up to 1 year for best results. Make sure to use a small amount of the cream and be sure to clean it off from back of the scalp before re-applying, to prevent a buildup along the donor scar.
3. Avoid exposing scars to direct sunlight for at least 6 months. You may apply sunscreen with zinc oxide after 7 days.

### **NORMAL EVENTS ASSOCIATED WITH THE PROCEDURE**

#### **Scabs**

On the first day following your procedure, small scabs the size of a pinhead surrounding the transplanted hair follicles will likely be visible. They may look like little grains of sand. Scabs protect the grafts from shifting upwards and protect against infection. Every patient is different, but in general the scabs and the eyebrow redness or pinkness goes away anywhere between a few days to around 2 weeks. When the scabs fall off, the short hairs that were implanted will generally fall out too. **This is to be expected.** The follicles are alive and healthy under the skin and new hairs will begin to grow in about 3-4 months. Any follicles that did not fall off with the scabs will grow for 3-6 weeks and generally shed. If crusts are not going away by day 7-10, place a warm, wet compress over the eyebrows for 10 minutes prior to showering. Repeat this until crusts are gone. You may notice that your scabs turn white and/or swell. This is because they have become waterlogged. This is not a cause of concern. Do not pick or scratch the scabs, as doing so can cause infection and endanger the survival of the grafts. If scabbing persists beyond 14 days, you may not be shampooing vigorously enough.

***It is important to note that the transplanted hair will be fully embedded after 7-10 days***

#### **Pinkness or Redness**

In most patients, mild pinkness or redness over the donor scar and eyebrows fades in a few days to 2 weeks; however, on rare occasions there have been some patients that will hold redness in the recipient area for up to 8 weeks or more, especially if they have fair skin. You may purchase over-the-counter Arnica Montana 30X, and use as directed. See “Camouflage” on Page 9 for treatment options.

#### **Mild Pain**

Generally, most of the discomfort that you will feel will arise from the tightness in your scalp if you underwent an FUT procedure (the strip method). The tightness and/or tenderness will be present both in the transplanted area as well as in the area where the donor grafts were taken. Your symptoms will gradually improve over a few days to weeks. Patient’s who have undergone the FUE procedure will have some soreness and discomfort along the donor area for a few days. You have been provided with prescription pain medication. Please take as directed.

### **Bleeding**

It is normal to slightly ooze (red “spotting”) either from the recipient sites or donor area for the first 24 hours. If slight bleeding occurs along the donor area, apply firm pressure with the palm of your hand using gauze moistened with tap water, for 15-20 minutes. If bleeding does not stop with firm pressure for 20 minutes, please call our office. If after hours, report to your local emergency room and bring this paperwork. Please show the ER physician Pg. 10 (“Dislodged Grafts”).

### **Sleeping**

It is important to sleep in a semi-sitting position to prevent and/or minimize post-operative swelling. Either use 3-4 pillows or a recliner (no more than 45 degrees from the waist up) for the first 3-4 nights. Use the provided neck pillow for neck support. Facial fullness, headache and disrupted sleep are very normal postoperative symptoms and will decrease as the healing process occurs. Strenuous activity including bending, lifting or straining after hair restoration surgery is not recommended for at least 7 days after the transplantation.

### **Swelling**

Swelling of the forehead, eyebrows and eyelids are part of the healing process and can potentially move down and settle into the bridge of the nose and around the eyes and cheeks. On rare occasions, this may lead to black eyes. Beginning the evening of surgery, and for the next 3-4 days, apply ice to your forehead (**not the transplanted area**) for 15-20 minutes AT LEAST 4-6 times daily while awake. Realizing that swelling may not appear for 2-3 days, you should continue to ice *even if* you don’t see any swelling. This is a preventative measure. You may also purchase over-the-counter Arnica Montana 30X, and use as directed. If swelling does occur, the swelling will drain down the face for approximately 3-4 days. At this point, icing or other preventative measures will no longer be effective. Please note that swelling is NOT harmful to the grafts.

You may also apply ice to your donor area (back of the scalp) if it is comforting. This may reduce swelling and help relieve some tenderness.

### **Itching**

You may experience some itching either in the transplanted area or in the donor area following your procedure. Itching is part of the healing process and should not be a cause for concern. Causes include dryness or as a result of new hairs growing in. Please use the TCHR Squalane Serum, twice daily beginning on day 4 to maintain moisture of the skin and to soften the scabs. If the itching is bothersome to you, you may purchase over-the-counter Hydrocortisone 1% Ointment or Hydrocortisone 1% Cream with Aloe (Aloe Cort) and apply to affected area up to four times daily, beginning 7 days after your procedure. Please remember to wash off any of these products before reapplying, to prevent a buildup over the transplanted or donor area. You may also take Benadryl 25mg by mouth at bedtime. It is extremely important to remember NOT TO SCRATCH THE EYEBROWS as this may dislodge grafts.

### **Numbness or Tingling**

Some numbness at the suture line (if you underwent the FUT procedure) and at the graft sites most likely will occur. This is the result of disrupting small nerve endings located superficially throughout the skin during the course of harvesting the donor grafts and creating the recipient sites. This is normal and will begin to resolve in 2 to 8 months. Some patients may notice small areas that remain numb for up to 1 year. In addition, some patients may notice some tingling or enhanced sensibility from the scalp from time to time as these nerves are healing and growing back.

## **HAIR RESTORATION POST-SURGERY TIMELINE**

### **Day 0 (Day of Surgery):**

- Congratulations, your procedure is complete! Take the rest of the day to relax, eat a good meal and stay well hydrated.
- Keep your eyebrows and donor area dry.

- Read the entire Post-Operative Instructions packet so that you become familiar with the aftercare process.
- Place the underpad provided over your pillow and sleep at a slightly elevated angle for 3-4 nights. Use the neck pillow provided.
- Please wear protective goggles at bedtime to prevent scratching or dislodging your grafts for the first 2 nights.
- Slight, isolated oozing (red spotting) noted on the bandage overnight is **completely normal**.
- Take prescribed medications as directed.
- Avoid any strenuous activity for 7 days (see “Post-Operative Activities” on Pg. 9).
- Bend at the knees instead of the waist when picking up objects and tying shoes.

**Day 1 (Day after Surgery):**

- Do not wash your eyebrows or donor area until 24 hours after your procedure (this evening).
- Begin using the Normal Saline Follicle Spray over the eyebrows every 2-3 hours while awake until the bottle is empty, in order to keep the grafts moist.
- Continue medications as directed.
- Bend at the knees instead of the waist when picking up objects and tying shoes.
- Set up an appointment for a 10-14 day follow up.
- For shampooing instructions, please see “Eyebrow Washing” on Pg. 4.
- Please wear protective goggles at bedtime to prevent scratching or dislodging your grafts (last night).

**Day 2-3:**

- Continue shampooing your eyebrows twice daily for 7 days total.
- Continue taking medications as directed.
- Continue using the Normal Saline Follicle Spray every 2-3 hours while awake, until the bottle is empty.
- Avoid bumping/scratching your head or eyebrows. Avoid friction to the grafted area.
- Bend at the knees instead of the waist when picking up objects and tying shoes.
- Swelling, if noticeable, is part of the body’s normal response to surgery and if it occurs, will typically last 3-5 days (see “Swelling” on Pg. 6).

**Day 4-7:**

- Continue using the Normal Saline Follicle Spray every 2-3 hours while awake, until the bottle is empty.
- Begin daily use of TCHR Squalane Serum to moisturize the donor and recipient sites. Applying Squalane Serum using a Q-tip (apply from the inside of the eyebrow to the outside) twice a day after washing can accelerate the process of scabs falling off and limit itching. Gently rub off any remaining crusts at 7 days.
- Last day of taking Prednisone.
- Bend at the knees instead of the waist when picking up objects and tying shoes.
- Camouflage products (DermMatch) for the eyebrows may be started.

**Day 8-14: 10-14 Day Follow Up Date: \_\_\_\_\_ at \_\_\_\_\_:\_\_\_\_\_ AM/PM**

- Scabs should continue to flake off with hairs attached (**completely normal**). Scabs should be completely gone by 2 weeks.
- You may begin washing your eyebrows normally and only once daily.
- At 10-14 days, you may begin to use eyebrow makeup regularly.
- At 2 weeks, haircuts may resume.
- Continue to use the TCHR Squalane Serum to moisturize the eyebrows and donor area.
- Return to the office for your 10-14 day follow up. For patient who underwent the FUT procedure and will be seen for suture or staple removal, you may want to take one or two extra-strength Tylenol one hour prior to your office visit to alleviate any slight discomfort that you may experience from the removal process.
- Set up your 4-month office visit at this time.

### **3 Weeks - 3 Months Following Surgery:**

- The transplanted hairs begin to shed around 3-8 weeks following the procedure. This process is perfectly normal and to be expected for 90% of the grafts, as these transplanted hair follicles are now in the resting phase of growth and are shed. **The follicles are alive and healthy under the skin.** Generally, at the end of 1 month, your scalp will appear very similar to how it looked prior to the procedure. *It is uncommon to see any regrowth of new hair before 3 months.*
- Ingrown hairs/pimples may occur (see “Ingrown Hairs” on Pg. 10).
- Please set up an appointment for a 4-month follow up visit or call or Skype.

### **4 – 7 Months Following Surgery:      4-Month Follow Up Date: \_\_\_\_\_ at \_\_\_\_:\_\_\_\_ AM/PM**

- This time period is the beginning of the active growth stage. Transplanted hairs just start to become visible to the naked eye. When the transplanted hair first appears, it is immature, fine, thin, and light in color.
- Once the eyebrows start to grow back, you will need to trim them twice monthly, and may apply some Squalane, Aloe Vera gel, hair gel or eyebrow gel (any brand name is fine) to “train” some of the hairs to grow flat to the forehead in the ideal direction. You may either use your fingers or purchase an eyebrow brush (spoolie) to place the hair in the proper direction.
- By 6 months, around 50% of the total cosmetic result is achieved.
- Ingrown hairs are common; call or visit the office for further care.
- Please set up an appointment for an 8-month follow up visit or call or Skype.

### **8 Months Following Surgery:      8-Month Follow Up Date: \_\_\_\_\_ at \_\_\_\_:\_\_\_\_ AM/PM**

- For most patients, by 8-9 months 80% of the hairs have emerged from the skin. For a small percentage of patients there may be a delay of an additional 3 to 6 months before full emergence of hair has occurred.
- An additional procedure (if indicated) via FUE can be performed at this time. This allows for adequate recovery of the donor scalp and majority of growth of the recently transplanted grafts.
- Please set up an appointment for a 12-month follow up visit or call or Skype.

### **9 - 12 Months Following Surgery:      12-Month Follow Up Date: \_\_\_\_\_ at \_\_\_\_:\_\_\_\_ AM/PM**

- You can expect to see some considerable new growth and thickening of the hair grafts as 90% of the total cosmetic result is achieved.
- The visual result may continue to improve for up to 12 months and it is only after 12 months that the final aesthetic result is typically achieved.
- The incision in the donor area is healed, if you underwent an FUT procedure, at 12 months.
- Return to the office at 12 months for final post-operative photos for comparison
- An additional procedure (if indicated) via FUT can be performed at this time. This allows for adequate recovery of the donor scalp and majority of growth of the recently transplanted grafts.

## **POST-OPERATIVE ACTIVITIES**

### **Attire After Surgery**

Wear a button down or zip up shirt for 5 days after surgery. Wearing a shirt you have to pull down over your head could potentially dislodge the new grafts.

### **Return To Work**

If you have a desk job, you may return to work the next day, assuming you are able to work with mild donor area discomfort and mild redness to the scalp. If your job requires you to lift objects greater than 15 pounds or if you are relatively active, it is recommended that you return to work after 7 days for FUT and 5 days for FUE.



### **Exercise And Activity**

It is important that you avoid exercise, activities and sports for 7 days for FUT and 5 days for FUE. Too much activity could cause swelling, bleeding and loss of grafts. After 7 days for FUT and 5 days for FUE, you may resume MILD activities (approximately 50% of normal exercise routine), continuing to avoid heavy activity such as running, heavy weight lifting, golfing and cycling for an additional 5 days. Avoid stretching or excessive bending of your neck (no yoga, etc.) for 2 weeks as this could affect the healing of your donor area. Please refrain from sexual activity for 3 days following your procedure. Also, remember to bend at the knees instead of the waist when picking up objects and tying shoes for at least the first 3 days. Be careful not to bump your face or the back of your head, or cause any friction to the grafts, for the first 7 days. Avoid the use of a sauna or steam room until after the sutures or staples are removed, if you underwent the FUT procedure and after 10 days if you underwent the FUE procedure. Please remember to wash your face and hair right after exercising, especially for the first 2 weeks, to prevent build up of oil on and around your grafts and donor area.

### **Eyebrow Trimming And Training**

Since the hair that is being transplanted comes from the scalp, it is genetically programmed to grow like scalp hair and will need to be trimmed on a regular basis. At around 3-4 months, once the hairs start to regrow, you will need to trim them once or twice monthly. You may also apply some TCHR Squalane Serum, Aloe Vera gel, hair gel or eyebrow gel (any brand name is fine) to “train” some of the hairs to grow flat to the forehead in the ideal direction. You may either use your fingers or purchase an eyebrow brush (spoolie) to place the hair in the proper direction.

### **Eyebrow Makeup**

Makeup for the eyebrows can be used after 10-14 days.

### **Eyebrow Tinting**

You may resume tinting your eyebrows after 4 weeks.

### **Eyebrow Tattooing**

To achieve a more defined, full and youthful eyebrow, you may undergo both eyebrow transplantation and eyebrow tattooing. It is recommended that you wait to undergo eyebrow makeup tattooing 12 months following your transplant surgery, to allow for all the hairs to grow in.

### **Camouflage**

If you have eyebrow pinkness or redness you may apply certain camouflaging agents to the grafted area 4 days following your surgery. Such products include, hypoallergenic, oil-free, water-based, concealer (DermMatch). You may also use over-the-counter Hydrocortisone 1% Ointment or Hydrocortisone 1% Cream with Aloe (Aloe Cort) after 7 days to help resolve the issue of redness. Please remember to wash off any of these products after use and before reapplying, to prevent a buildup over the transplanted or donor area.

### **Hair Care (Drying, Grooming, Cutting, Coloring, Curling)**

You may get a haircut once all of the scabs and crusts are gone, *and*, if you underwent an FUT, once the sutures or staples are out, both of which are around 2 weeks. For FUT, you can typically trim your hair down to a at least 1 inch long (#8 guard) for the first 6 months until the pinkness fades, then at least 1/2 inch long (#4 guard) afterward without showing any traces of scarring. Occasionally, some patients cut their hair to 3/8 inch (#3 guard) but they are the exception and not the rule. For FUE, patients can typically trim their hair down to 1/8 inch (#1 guard) or 1/4 inch (#2 guard) without showing any traces of the virtually invisible microdots. Hair coloring should be taken care of no later than 3 days prior to surgery. If not, you must wait 2 weeks after surgery to undergo hair coloring. Your scalp may be numb, so use blow dryers with caution. You may want to use a warm or cool setting for the first week. Also, be careful with curling irons for two weeks as well. You may wear a bicycle or motorcycle helmet 7 days after surgery. You may resume your LaserCap® or other low level laser therapy device after 3 days.

### **Swimming And Sun Exposure**

Avoid swimming in the pool for 2 weeks. However, ocean water can be helpful in expediting scab removal and is beneficial to skin healing so you may swim in an ocean after 3 days. Avoid any prolonged direct sun exposure (you can wear a hat) on the grafted area for first 3-4 weeks. After 7 days, make sure to wear sunscreen with zinc oxide. It is important to realize that sunburns are detrimental to wound healing and hair growth and may result in discoloration of the area.

### **Alcohol**

DO NOT drink alcohol for the first 2 days after surgery OR for as long as you're taking the prescription narcotic pain medication. Alcohol thins the blood and may cause bleeding. The narcotic pain medication we prescribe cannot be combined with alcohol.

### **Cigarette Smoking**

It has been proven that cigarette smoking impairs wound healing. To ensure the best healing and survival of the transplanted hair we suggest that you discontinue smoking for at least one month prior to your surgery and not to resume smoking for at least two weeks after your surgery.

### **Scheduling Your Next Procedure**

You may schedule your next restoration procedure to increase the density of your eyebrows 6-8 months after your procedure for FUE and 12 months for FUT. This allows for adequate recovery of the donor scalp and majority of growth of the recently transplanted grafts. FUT requires long donor healing time since an incision was made.

## **RARE EVENTS FOLLOWING YOUR PROCEDURE**

### **Dislodged Grafts**

Please make sure to not bump your eyebrows, donor area, or cause any friction to the grafts. If a graft is actually dislodged (something that may occur the first few days following the procedure) there will be bleeding at the site of the lost graft. If you have excessive bleeding, DO NOT PANIC, apply steady pressure to the area for 15 minutes with a slightly damp towel or gauze without rubbing the area. If the hair graft is clean, put it in normal saline solution (purchased at any pharmacy) or in a wet gauze and call for an appointment (within 1-3 days) for reinsertion. If you see scabs falling off with hair attached and you are NOT bleeding, this is NOT the graft.

### **Ingrown Hairs**

Ingrown hairs are pimple-like lesions that can occur within the two weeks to the first few months following eyebrow transplantation. Occasionally, a patient may develop this as the new hair is beginning to grow through the surface. If this happens, apply a warm, moist cloth to the area for 10 minutes, three times a day to bring them to a head. You may safely "pop" them like pimples, but do NOT pick or scratch the area. You can also apply over-the-counter benzoyl peroxide preparation to the area two times each day for 3-5 days to help clear these up quickly. If after 3-5 days there is no relief please contact the office, as you may need to be seen to have the ingrown hair removed by our staff. In addition, if at any point the area becomes reddened, swollen, tender, or you notice *multiple* red or puss-filled pimples, contact the office.

### **Infections**

Infections are extremely rare. To avoid infection, avoid exposure to dirt and debris for several days after the procedure. If you do develop inflammation and/or infection of the hair follicles of the skin, please notify our office immediately. Most common symptoms include multiple red or white head-like pimples associated with surrounding redness, severe itching, mild pain, tenderness, and possible discharge. If you develop these symptoms, please call our office as you may require topical and/or oral antibiotics.

### Hair Shedding (“Shock” Shedding)

Shock shedding is a normal physiological process in which there is temporary or uncommonly permanent shedding of hair around the donor area (back of the scalp) in response to the stress of the surgical procedure itself. It usually begins within the first 3 months after the procedure. Please don't be alarmed. More often than not the hair that has gone into shock will grow back after 3-4 months (rarely after 6-12 months).

### Changes in Hair Texture

Infrequently, there is some textural change in the transplanted hair. It may become curlier than it was, or even somewhat wiry; often the luster of the hair is also diminished if this altered texture occurs. This phenomenon is temporary, and resolves with the normal growth cycles of the hair often in 12 to 18 months.

**Average Hair Growth Timeline After Hair Transplantation**

<b>Post-Operative Time</b>	<b>Transplanted Site Care</b>	<b>Donor Site Care</b>
24 hours following surgery	Keep your eyebrows dry until seen by physician. Then you may begin shampooing your eyebrows as directed. Begin using the normal saline spray as directed.	Expect some soreness, tightness and possibly some numbness. There will be some oozing in the donor area.
Days 2-3	Moderate redness and scabs will be present. Some swelling may appear on the forehead, eyebrows and even eyes.	Soreness begins to improve.
Days 4-6	If there is significant swelling, it may settle across the bridge of the nose and around the eyes and cheeks. The use of Prednisone, ice, and sleeping in a reclined position for the first 3-4 nights will markedly reduce the risk of swelling.	Remove scabbing from the donor area either with a washcloth or a Q-tip.
End of Week 1	Swelling usually has subsided. Scabs begin to flake off. Patients may return to normal face washing.	Soreness is generally gone. FUE: The donor area is usually healed.
Day 10	Grafts are firmly in place. Any residual crusting may be gently scrubbed off. Redness is faint or absent.	FUT: Patient seen for suture or staple removal at 10-14 days.
End of Week 2 to Week 3	Scabs are gone. 90% of transplanted hair begins to be shed. Patients may get haircuts and color their hair.	Discomfort and scabs are gone.
End of Month 1 to Month 2	The follicles enter a resting phase. You will look very much like you did before the procedure. Ingrown hairs may be noted.	

Months 3-4	10-25% of the newly transplanted hair starts to grow, initially as very fine hair. Some or all of the original hair that was shed begins to grow back.	
Months 6-9	40-60% of the newly transplanted hair begins to grow. Slight textural changes in hair are occasionally present. 80% of hair grafts will begin to grow by 9 months.	
Months 12	The final appearance of the hair transplants can begin to be appreciated.	

**\*ALL PATIENTS HAVE INDIVIDUAL RESULTS AND THEREFORE HAIR GROWTH TIMELINES MAY BE DIFFERENT\***

### **CONTACT NUMBERS**

If you have any problems or questions, please call the office at 972-985-7474 during normal work hours (9am-5:00pm). If it is after hours, and your questions or concerns are urgent or emergent, please contact the answering service at 972-985-7474 and they will notify staff. If questions can wait, please call the office the next business day.

If you are having a medical emergency: Call 911 and/or go to the nearest hospital emergency room or urgent care facility. If for any reason you do require emergency room attention, please notify our office/answering service as soon as possible.