Hair Restoration Post-Operative Instructions

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

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 2 weeks, you may begin taking Aleve (Naproxen), Ibuprofen (Motrin, Advil) as taking anti-inflammatory medications before this time may reduce the effects of PRP. You may, however, take Extra Strength Tylenol during the day as directed and save the narcotic pain medication for bedtime. Make sure not to exceed 3 grams (3,000 milligrams) of Tylenol per day (including the Tylenol contained in Vicodin/Percocet). 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, repair and restore pH balance to the scalp, generate body and volume, and protect and maintain both the transplanted and non-transplanted hair.

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. Please take 1 tablet twice daily.

Liposomal ATPv Follicle Spray
Liposomal ATPv accelerates the uptake of oxygen by transplanted hair cells and thereby produces faster and better healing and better hair survival, by helping to deliver energy to the grafts while waiting for the blood flow to be re-established.

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 scalp infections.

Bacitracin Antibiotic Ointment
Used to prevent minor skin infections along the donor area.

Other Products
1. Neck pillow
2. Loose fitting baseball cap
3. One blue/white underpad to protect bed linens
HAIR CLEANING AND MANAGEMENT

Liposomal ATPv Follicle Spray
Beginning the day following your procedure (after seen by Dr. Yaker), spray your transplanted sites and donor area every 2 hours while awake, and if possible, 2-3 times throughout the night for the first 48 hours. Spray until your grafts and donor area are saturated (usually 2-3 sprays over the transplanted sites and 2 sprays for the donor area is sufficient). After 48 hours, begin spraying every 3-4 hours during the day only. Continue with this method until the bottle is empty. Please keep the solution refrigerated.

Shampooing
Regular washing of your hair is extremely important after the surgery. One would think that this would disturb the grafts, however if done properly, the chance of dislodging the grafts is minimal. Shampooing helps gently remove dead skin cells, dirt, blood and oil, preventing excessive crust or scab formation over the recipient sites, which can impair wound healing and hair growth. If you shampoo properly, scabs should normally be gone within a few days to a week at the most.

Air dry or gently pat hair dry with a towel. Do not rub grafts to dry them. If desired, a blow dryer on a LOW, COOL AIR setting can be used to dry the grafted area, beginning 3 days after transplantation. You are not allowed to use the HEAT setting on your blow dryer for the first 2 weeks after your procedure. Remember, do not pick or scratch your grafts. If you cause the area to bleed, you are being too aggressive!

Conditioning
You may begin using the conditioner on day 7. When applying the conditioner, please allow it to sit for 5 minutes. This will significantly decrease scab formation.

Day 0 (Day of Surgery):
Please leave your grafts alone. No scalp washing allowed.

Days 1 – 7:
On day 1, you will begin washing your hair daily (twice daily for the first 7 days) 24 hours after your procedure. So if your procedure finished around 5pm, you will begin washing around the same time, the next day. When washing, you may stand upright in the shower, but do NOT use the shower head. Direct pressure is too strong for your grafts at this time. Instead, bring a plastic cup or pitcher into the shower and wet your hair by gently pouring warm water over your head until your hair is saturated. Lather a small amount of TCHR Volumizing Glycolic Acid Shampoo onto a sponge and gently blot the grafts using a slight up-and-down patting motion. Let the shampoo sit for 3-5 minutes to soften the scabs before rinsing. After the shower, continue spraying the grafted area with the Liposomal ATPv follicle spray every 2 hours throughout the day while awake for 48 hours followed by every 3-4 hours while awake, until the bottle is finished. You may begin using a conditioner on day 7. Please allow the conditioner to sit for 3-5 minutes to further soften the scabs before rinsing.

Days 8-14:
Begin shampooing using your fingertips (not nails) on the grafts with a light circular motion and increase the pressure each day. It is at this time that you may receive direct pressure from the shower head. Once all the scabs are removed, you may resume your normal shampooing routine.

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 sutures 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 scalp 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 on the scalp 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 for 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.
Scalp Pinkness or Redness
In most patients, mild pinkness or redness over the donor scar and recipient area 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 is part of the healing process and can gradually move down the forehead 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. In addition, special tape has been applied to your forehead. Make sure to massage or “milk” your forehead firmly over the tape from the center of your forehead to the sides, into the temples, after icing. You may use the special tape for the first 3-4 days. If there is evidence of swelling above the tape, consider leaving the tape in place until it resolves. You may also purchase over-the-counter Arnica Montana 30X, and use as directed. As stated above, to reduce swelling, it is important to sleep in a semi-sitting position for the first 3-4 days. However, 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 SCALP 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.
➢ Read the entire Post-Operative Instructions packet so that you become familiar with the aftercare process.
➢ Continue to keep your scalp bandage in place. Be careful not to bump or scratch your head. Your head will likely still be numb. Do not attempt to replace the bandage if it falls off. You run the risk of causing more harm if you attempt to replace the bandage.
➢ Place the underpad provided over your pillow and sleep at a slightly elevated angle for 3-4 nights. Use the neck pillow provided.
➢ Slight, isolated oozing (red “spotting”) noted on the bandage overnight is completely normal.
➢ Take prescribed medications as directed.
➢ Avoid any strenuous activity (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 wet your scalp or remove your bandage prior to your first post-op visit. Please come in at ______:____ AM/PM on ____________ for bandage removal and post-operative check.
➢ Make your appointments for your 30 minute LaserCap® treatment sessions (3 treatment a week for 2 weeks).
➢ Begin Liposomal ATPv Spray as directed (see “Liposomal ATPv Follicle Spray” on Pg. 4).
➢ Begin shampooing (twice daily for the first 7 days) (see “Shampooing” on Pg. 4) after your office visit.
➢ Avoid bumping/scratching your head. Avoid friction to the grafted area.
➢ Bend at the knees instead of the waist when picking up objects and tying shoes.
➢ Continue medications as directed.
➢ Set up an appointment for a 10-14 day follow up.

Day 2-3:
➢ Continue using Liposomal ATPv spray and medications as directed.
➢ Avoid bumping/scratching your head. 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 Liposomal ATPv spray until finished.
➢ Begin your 30 minute LaserCap® treatment session. You will have 3 treatments per week for 2 weeks.
➢ On day 4, begin daily use of TCHR Squalane Serum to moisturize the donor and recipient sites.
➢ Last day of taking Prednisone
➢ On day 7, you may begin using the TCHR Volumizing Glycolic Acid Conditioner.
➢ Minoxidil (Formula 82M) may be started or resumed after 14 days as long as scabs are completely gone.
➢ Bend at the knees instead of the waist when picking up objects and tying shoes.

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➤ You may begin to sparingly use hairspray, gel or mousse. Make sure to wash off the hair products as soon as you can.
➤ Camouflage products (i.e. Infinity, Toppik, DermMatch) 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.
➤ Begin shampooing using your fingertips on the grafts with a light circular motion and increase the pressure each day. It is at this time that you may receive direct pressure from the shower head.
➤ At 7 days, you may begin to use hair products regularly.
➤ At 2 weeks, haircuts may resume.
➤ Continue to use the TCHR Squalane Serum to moisturize the scalp, IF needed.
➤ 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/Folliculitis” 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.
➤ 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.
➤ Commonly the crown hairs are the slowest to appear. It is common to see irregular or patchy hair emerging in the beginning but will even out towards the end of this period. 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.
➤ For 90% of patients, the full result of the transplant is achieved 12 months after their procedure. Also, the incision in the donor area is healed, if you underwent an FUT procedure.
➤ For patients with coarse hair, the hair may actually get somewhat frizzy during this period before relaxing in another 3 to 4 months.
➤ Return to the office at 12 months for final post-operative photos for comparison.
➤ An additional procedure (if indicated) can be performed at this time. This allows for adequate recovery of the donor scalp and majority of growth of the recently transplanted grafts.
13 - 18 Months Following Surgery:
The visual result may continue to improve for up to 18 months and it is only after 18 months that the final aesthetic result is typically achieved.

**POST-OPERATIVE ACTIVITIES**

**How to Wear a Baseball Cap**
If wearing a baseball cap, carefully place the bill of the hat on your forehead, and then pull back down. To remove your hat, carefully lift the back of the hat up and off first. Remember to wear loose fitting hats. Hats are not necessary unless you are in direct sunlight. In this case, a hat should be worn to prevent sunburn of the grafts.

**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 7 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 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 hair right after exercising, especially for the first 2 weeks, to prevent build up of oil on and around your grafts and donor area.

**Hair Care (Combing, Drying, Grooming, Styling, Coloring, Curling, Perming)**
You may gently comb your non-transplanted area from the first day after your procedure. If possible, avoid combing the transplanted area for the first 7 days. If you must comb your hair, make sure your hair is wet and make sure not to touch the grafts themselves when combing your hair as you may accidentally dislodge them. You may begin to sparingly use hair products on day 4, but try to limit the use of these products for the first 7 days. Just be sure to wash your hair well once you begin using these products. 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 10 to 14 days. 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 ¼ 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 4 weeks after surgery to undergo hair coloring. You may begin using a blow dryer with COOL air 3 days after your procedure, and HOT air 2 weeks following your procedure. Avoid curling irons for two weeks as well. Too much heat from the hair dryer or curling iron can damage the follicles as they are acquiring their new blood supply the first couple of weeks. 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.
Camouflage
If you have scalp 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), Infinity or Toppik (fiber “shakers”) or masking scalp lotions such as Couvre. 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 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.

Minoxidil Products (Formula 82M, Rogaine®)
You may start or resume Minoxidil containing products after 7 days, as long as scabs are completely gone. It may be applied with a Q-tip or cotton ball, or you may gently pat the scalp. If you have been applying it to areas of the scalp that were not transplanted, you may continue to apply it only to those areas without interruption following your procedure.

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.

Hairpieces
You may resume using your hairpiece 5-7 days after surgery provided that you do not apply tape or clip the hairpiece to the newly grafted area. After that, you may begin to wear it lightly secured to the scalp for a maximum of 12 hours a day for the next 3 weeks, after which you can then wear it regularly. This is to prevent infection or interfere with healing. Keep in mind, however, that the hairs will grow back faster, and possibly in greater total amounts, given the less time that the hairpiece is spent on. One suggestion in order to transition from a hairpiece to your newly growing transplanted hair is to get the hairpiece cut thinner and thinner.

RARE EVENTS FOLLOWING YOUR PROCEDURE

Dislodged Grafts
Please make sure to not bump your head 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 a small cup with the ATPv follicle spray solution 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 first few months following hair 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 pus-filled pimples, contact the office, as this may be folliculitis (read below).

**Folliculitis**

Folliculitis means an inflammation and/or infection of the hair follicles of the skin. They are multiple pimple-like scalp lesions that can typically be seen after hair transplant surgery in both the implanted and donor wound areas in the few weeks to months after hair transplantation. It is usually caused by blockage of hair or in the exit pores of the oil glands in the skin. As a result of the blockage, skin oil cannot be emptied to the skin surface and instead begins accumulating underneath the skin surface. The result is multiple red or white head-like pimples around one or more follicular units. Folliculitis may present with redness, itching, mild pain, tenderness and discharge. More extensive types may require topical and/or oral antibiotics. It is extremely important to call the office if you ever have any concerns in regards to redness, severe itching, ingrown hairs, or possible folliculitis.

**Hair Shedding (“Shock” Shedding)**

Shock shedding is a normal physiological process in which there is temporary or permanent shedding of hair close to the tiny recipient incisions OR 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. Hair that goes into shock and doesn't return is hair that was inevitably on its way out anyway and wasn't strong enough to return (miniaturized hairs caused by genetic hair loss). More often than not the hair that has gone into shock will grow back after 3-4 months (rarely after 6-12 months). The use of Formula 82M Minoxidil and/or LaserCap™ beginning 6 weeks to 3 months prior to your procedure and throughout your aftercare process will decrease this loss of hair and accelerate the regrowth of hair.

**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.

**Scheduling Your Next Procedure**

You may schedule your next restoration procedure to increase the density of your scalp or to focus on other areas beginning 6 months after your first procedure for FUE and 12 months for FUT. This allows for adequate recovery of the donor scalp and some growth of the recently transplanted grafts. FUT requires long donor healing time since an incision was made.

**Things to Remember**

Growth may not be as thick as you or I would want. A person's entire head has around 110,000 hairs before it begins to lose hair. The top of your head alone has between 30,000-50,000 hairs before it begins to lose hair. Typically, even with multiple procedures, we are only able to transplant between 12,000-18,000 hairs (not grafts). As discussed in our consultation, Propecia® (Finasteride, Finasteride Plus) for men and Minoxidil products/LaserCap™ for both men and women, will decrease thinning of hair and/or increase coverage of the scalp by growing new hair and enlarging existing hairs. These FDA approved medications in conjunction with hair transplantation will give you the best outcome.
## Average Hair Growth Timeline After Hair Transplantation

<table>
<thead>
<tr>
<th>Post-Operative Time</th>
<th>Transplanted Site Care</th>
<th>Donor Site Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 hours following surgery</td>
<td>Keep your scalp bandage on until seen by Dr. Yaker, unless otherwise instructed. Once allowed, patients are instructed to wash their hair gently, but thoroughly, so that the scalp is free of any scabs. Begin using Liposomal ATPv Spray as directed.</td>
<td>Expect some soreness, tightness and possibly some numbness. There will be some oozing in the donor area.</td>
</tr>
<tr>
<td>Days 2-3</td>
<td>Moderate redness and scabs will be present. Some swelling may appear on the forehead.</td>
<td>Soreness begins to improve.</td>
</tr>
<tr>
<td>Days 4-6</td>
<td>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, forehead tape and sleeping in a reclined position for the first 3-4 nights will markedly reduce the risk of swelling.</td>
<td>Remove scabbing from the donor area either with a washcloth or a Q-tip.</td>
</tr>
<tr>
<td>End of Week 1</td>
<td>Swelling usually has subsided. Scabs begin to flake off. Patients may resume normal hair washing.</td>
<td>Soreness is generally gone. FUE: The donor area is usually healed.</td>
</tr>
<tr>
<td>Day 10</td>
<td>Grafts are firmly in place. Any residual crusting may be gently scrubbed off. Redness is faint or absent.</td>
<td>FUT: Patient seen for suture or staple removal at 10-14 days.</td>
</tr>
<tr>
<td>End of Week 2 to Week 3</td>
<td>Scabs are gone. 90% of transplanted hair begins to be shed. Patients may get haircuts.</td>
<td>Discomfort and scabs are gone.</td>
</tr>
<tr>
<td>End of Month 1 to Month 2</td>
<td>The follicles enter a resting phase. You will look very much like you did before the procedure. Patients may color their hair. Ingrown hairs may be noted.</td>
<td></td>
</tr>
<tr>
<td>Months 3-4</td>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>
Platelet Rich Plasma (PRP) Post-Procedure Instructions

Please carefully read and follow these instructions after your PRP treatment.

**Your Procedure**
PRP utilizes powerful growth factors, proteins, and stimulates your own stem cells from your own platelets and plasma. During your hair transplant, PRP was used to bathe the hair grafts, injected into the donor area, and applied over the recipient sites to maximize wound healing and graft growth. If added, amniotic stem cells, which contain additional growth factors, more proteins and stem cells was included for extra benefit and long-lasting results. Finally, microneedling may have been used on the skin to trigger the release of the growth factors from the platelets.

**Post-Procedure Care**
Please follow the instructions as provided in your Hair Restoration Post-Operative Instructions Packet. In addition:

**DO NOT** touch, press, rub or manipulate the treated area(s) after your treatment.

AVOID Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, (and all non-steroidal anti-inflammatory agents), Vitamin A, Vitamin E, Gingko Biloba, Garlic, Flax Oil, Cod Liver, Essential Fatty Acids (EPA, DHA), for **2 weeks** after your treatment. Remember, in order for PRP to perform at its best, inflammation is necessary to help with wound healing and regrow hair. If you must take Aspirin for cardiac reasons, you certainly may do so, but this may limit your results.

If you experience any pain or discomfort you may take Tylenol or other Acetaminophen-containing products as directed.

Continue increased water intake for the **first week** after your treatment.

It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from **2-5 days** following your procedure.

Please follow the Hair Restoration Post-Operative Instructions for further assistance.
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.