

Post-operative Instructions for Hair Restoration

The success of the procedure is determined by the degree to which our patients follow the post-operative instructions. If you have any questions regarding these instructions, please contact the office and we will be happy answer your questions.

THE FIRST NIGHT AFTER SURGERY:

- PAIN:

This discomfort may be present for 24-72 hours following the procedure. You have been given a prescription for a pain reliever and something for sleep and nausea. If you are suffering from discomfort that is not being relieved by the prescribed medications, or is past the 72-hour time frame, please contact the office.

- BLEEDING:

Your grafts and sutures may ooze during the night and this is normal. Do not try to clean them up, as you will shampoo the next day. Cover your pillow with the blue pads we provided for you. If bleeding does occur, firm and continuous pressure on the area for 10 minutes will usually be enough to control it. If bleeding continues call the office immediately.

- SWELLING:

Apply an ice pack to your forehead (not the transplanted area) the night of surgery; this may reduce the risk of swelling. You should apply the ice 4-6 times a day for 20 minutes a session for the first 3 days. Keep your head elevated at all times and sleep at a 45-degree angle for the first 3 nights. A travel pillow may help keep pressure off the donor area.

- Keep the grafts moist with the Graftcyte concentrated spray. Spray liberally every hour during the day until gone. Apply Graftcyte dressing the day after your surgery. Apply to graft site morning and evening and leave on for 30 minutes only! Set an alarm so you don't forget.

THE WEEK FOLLOWING YOUR SURGERY:

- A thin layer of Antibiotic ointment should be applied to the stitches at the back of your head once a day for 7 days following surgery.
- Shampooing gently may begin on the day after your surgery. Follow the instructions in your Graftcyte Kit. DIRECT WATER PRESSURE SHOULD NOT HIT YOUR GRAFTS. Lather up your hands and pat the lather on the transplanted area. Use a gentle stream of water to rinse hair. Do not

aggressively manipulate the transplanted area with fingertips or finger nails for the first three days after the procedure. You should be back to washing your hair normally after seven days.

- Your scabs may start to come off on the 4th or 5th day. It may take up to 7 - 10 days for all the crusts to be completely gone. Do not pick or scratch the scabs!
- Hair combing may resume the day after surgery, however the comb should not touch the grafts themselves. Hairspray and hair products can be utilized the day after surgery. Rogaine (minoxidil) should be started on the 3rd day after surgery.
- Avoid bending over and vigorous exercise for 7 days.
- Numbness may occur for a short period of time after transplantation in the donor as well as the transplanted areas. It will usually resolve on its own within 3-6 months.

PLEASE CONSIDER THE FOLLOWING TIMETABLE WHEN PLANNING
POST-OPERATIVE ACTIVITIES:

Normal activities may be resumed after the number of days indicated below:

ACTIVITY	DAYS
Very gently shampooing of the grafts	3
Light circular motion when shampooing of the grafts	4
Use of aspirin	1
Use of hairdryer (cool)	1
Use of hairspray	3
Use of mousse or gels	3
Gentle brushing of the grafts	7
Return to brushing normal non-grafted hair as usual	1
Use of hot rollers	7
Chemical hair treatment and perms	7
Light exercise (walking, etc) heart rate under 100	1
Intense exercise (running, aerobics, etc.)	7
Swimming and other sports	7
Resume use of Rogaine (if not allergic to Rogaine)	3

If you have any questions or concerns, call us at the office at (425) 455-9100. If you have an after-hours emergency, you may reach Dr. Stern directly by calling his cell phone 425-628-7720.

These instructions have been explained to me. I understand it is my responsibility to follow them, and have been given a copy for reference.

Patient's Signature

Date/Time