



AFTER HAIR TRANSPLANTATION INSTRUCTIONS

FUE

TONIGHT AND THE NEXT 4 DAYS: Sleep sitting up at a 30 to 45 degree angle tonight and the next 4 nights. DO NOT SHAMPOO HAIR FOR 48 HOURS AFTER SURGERY.

CARE AND CLEANING OF GRAFTS AND EXTRACTIONS SITES:

1st through 4th days after surgery

1. Gently shampoo head in water poured from a pitcher or small bowl. Use shampoo mixed with water in a covered container. Shake and pour over your head. **DO NOT RUB** with back and forth motion. You may rub lightly on the extraction sites. Rinse gently with clear water from a container.
2. Let air dry. Avoid touching scalp.
3. **DO NOT** bend over from the waist, play contact sports, hang upside down, lift weights or do any exercise that causes you to perspire profusely. Walking is OK.
4. Sleep sitting up at a 30 degree angle the first 3-5 nights.

5th, 6th and 7th days after surgery

1. Resume shampooing in a full strength shower AFTER 7 days. Let water flow on head for about 10 minutes to soften scabs. Apply shampoo and use FINGERTIPS in gentle circular motion on BOTH grafts and extraction sites.
2. Resume normal exercise routine, except reduce weight level by 25% and **NO** contact sports.

8th through 14th day after surgery

Grafts are set in place. You should now help any remaining crusts to fall off the grafts.

1. **DO NOT PICK OR FORCE OFF CRUSTS.** They will generally be gone in 7 - 10 days.
2. Hypoallergenic skin tone cosmetic can be used to hide pinkness and 1 to 2% hydrocortisone, Vitamin E or aloe, creams/lotions to help resolve it.
3. You should resume Rogaine 10 days after your procedure, if you have used it before.



ACTIVITY

Avoid any activity that may result in hitting your head, such as contact sports, piggy back rides for kids, etc. Be careful getting in and out of cars.

- **WEIGHT LIFTING:** After first 7 days, weight lifting can be resumed. Cut back 25% and work up to normal weights starting on day 8.
- **EXERCISE:** Jogging, running, golfing, tennis, etc. is OK AFTER 7 DAYS.
- **SWIMMING:** In pool after 10 days or ocean/lake after 14 days.
- **AVOID SUNBURN:** Use hat or sun block outdoors for 3 months.

NORMAL EVENTS ASSOCIATED WITH PROCEDURE

- **SWELLING:** Swelling is common following procedures. Sleep elevated for three nights. Ice packs are helpful from night of the procedure for the next 4-5 days but not directly on the grafts, rather on the forehead/brow area.
- **PINKNESS OR REDNESS:** Fair skin types may have persistent pinkness of transplanted skin for several weeks following transplant. This is temporary. Use of the Liposomal ATP spray may reduce this. You also may temporarily apply a foundation or concealer cosmetic that matches your skin tone. All of these are available without prescription at your local pharmacy.
- **ITCHING:** Benadryl 25 mg by mouth at bedtime will relieve itching, which may occur after a few days. Available over the counter at most pharmacies.
- **NUMBNESS OR TINGLING** is temporary and will disappear in a few months. It is the result of cutting small nerve endings during the course of the surgery.
- **THE FIRST NEW HAIRS APPEAR IN in 3-6 MONTHS AND FULL RESULT WILL BE AT 8 MONTHS TO 1 YEAR.** Hair in the grafts will disappear 2 - 3 weeks after the procedure. The follicle, which is responsible for growth, remains. You must be patient as it will take several months for the hair to start growing again and reach styling length. After several procedures, grafts will take longer to start growing.

UNUSUAL COMPLICATIONS ASSOCIATED WITH PROCEDURE

- **BLEEDING:** Apply direct pressure with fingertip for 5 minutes to stop. If bleeding continues, apply the same pressure again and call the office.
- **RAISED OR RED AREA:** If pimple-like appearance occurs when hair begins to grow, call the office for a follow-up appointment.

PLEASE CALL/TEXT THE OFFICE AT 775.800.4444 ANY TIME DAY OR NIGHT WITH ANY QUESTIONS