



# Hair Transplantation

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## Preoperative Instructions

1. You will receive prescriptions for the office. Have them filled before the procedure but do not take any medications by mouth before coming in. Please have all medications filled and take the filled bottles with you to the office the day of the procedure. We will then give you the necessary pills prior to your procedure.
2. Wear comfortable, old clothes since they may become soiled
3. Do not take aspirin, ibuprofen, herbal medications or antihistamine medications for at least 10 days before the procedure.
4. Make arrangements for someone to drive you home after the procedure.
5. On the day before and the day of the procedure wash your hair with Neutrogena, Progain, or Johnson baby shampoo. Massage the scalp gently and do not put gel or hair spray on your hair during this period.
6. There is no need to get a special haircut.

## Postoperative Instructions

1. Rest for 72 hours after surgery and keep your head elevated 45 degrees. However, it is important to walk but have someone assist you.
2. Swelling of the eyelids may occur in the second and third day but will resolve by the seventh day.
3. The head dressing will be removed on the second day. It should be kept in place for 24 hours. Then wash your hair with lukewarm water, not hot water, using Progain, Neutrogena, or Johnson bay shampoo. The shower head must be set on very low pressure or use a cup to rinse.

4. After the bandage is removed, wear a hat or cap for protection especially when going out.
5. If you would like, you can speed the growth of the the newly transplanted hair by applying 5% minoxidil (sold over the counter) twice a day for 2 to 6 months. If scalp irritation occurs, begin using 2% minoxidil. If irritation persists then discontinue its use.
6. Avoid the following:
  - \*Driving until eyelid swelling resolves
  - \*Smoking in the first 2 weeks
  - \*Strenuous exercise for 2 weeks
  - \* The sun of excessive heat exposure for 3 weeks
7. The stitches in the donor site will be removed in 7-10 days
8. The small crusts around the micrografts will drop off naturally 10 days after the surgery along with some of the transplanted hair.
9. It is common for some crust to appear after the third month; these need to be ruptured with a sterile needle and cleansed with antiseptic solution so it is best to return so that the surgeon can do this.
10. Hair growth will become noticeable 90 to 120 days after surgery, but the final result will take 1 year.
11. Please call the office with any questions. (210) 614-0400