

HAIR RESTORATION CENTER OF CT Hair Transplant Post Operative Instructions

Name: _____ Date: _____

Thank you for choosing the Hair Restoration Center of CT to have your transplant procedure. If you have any additional questions, feel free to call the office and we will be happy to help you.

860-563-1400 office

Suture Removal Appointment: Date: _____ Time: _____

4 Month Follow-up Appointment Date: _____ Time: _____

What to Expect:

Night of Surgery: You may be sore from the experience and feel some slight “tightness” in the back. As the anesthesia wears off you may feel some itching or tingling.

Day 1: You will feel much better. You may still have some soreness or tightness in the back of the head which is normal.

Day 2: You should continue to feel better. The tension in the back should continue to improve. You may begin to experience some swelling which generally begins in the forehead and gravity pulls it down towards the eyes. It generally last 24 to 48 hours and is due to the body’s natural inflammatory response. This will not affect the grafts in any way. You should *firmly massage the forehead from center to sides to distribute and reduce the swelling*. You may apply ice as directed.

Day 3: You should continue to feel better. The swelling should be the worst on this day if you get any at all

Day 4 & 5: Swelling should be resolving. Bumps on your head may begin to flake off. You may see a hair attached to the flakes; this is normal and you should not be alarmed. The tissue that surrounded the hair and the root at the bottom is the important part, and those have been anchored and accepted under the skin at this point.

Day 6: Continued improvement.

Day 7 – Suture Removal: Continued improvement.

What to Do:

- The Night of Surgery
 - Eat a good meal.
 - Take pain medication as directed (1-2 tablets every 4-6 hours as needed).
 - Take sleep medication as needed (Diazepam- ½ to 1 tablet at bedtime).
 - You may begin Propecia
 - Ice forehead for up to 20 minutes per hour (**Do Not** place directly on grafts).
 - Massage forehead after ice. Start in center and push fluids to the side (**Do Not** touch grafts).

- Spray with Graftcyte. 5+ sprays per hour (or enough to cover grafts) while awake.
- Sleep in an inclined or flat position. Important to keep your chin up. You may find it most comfortable to place a rolled up towel or airline travel pillow behind your neck.

○ Post-op Days 1, 2, and 3

Morning:

- Eat breakfast.
- Wash hair. **Do Not** let shower water hit the grafts directly. You may place a wet washcloth over the grafts while washing back and sides of head. Gently pat head with shampoo and rinse thoroughly with a cup of water.
- Do not use Conditioner until day 5.
- Apply thin strip of Iamin Gel or ointment to suture line.
- Spray with Graftcyte
- Apply Graftcyte medicated pads for 45 minutes to 1 hour. Hold pads in place with plastic wrap or shower cap.
- Continue to spray with Graftcyte every hour while awake.
- Ice forehead and massage as needed.

Evening:

- Wash hair. **Do Not** let water hit the grafts directly. Gently pat head with shampoo and rise with a cup and water. Massage suture line and clean off Iamin Gel or ointment.
- Apply thin strip of Iamin Gel or ointment to suture line.
- Spray with Graftcyte.
- Apply Graftcyte medicated pads for 45 minutes to 1 hour. Hold pads in place with plastic wrap or shower cap.
- Sleep in an inclined or flat position. It is important to keep your chin up.
- Take sleep medication as needed (Diazepam- ½ to 1 tablet at bedtime).
- Take pain medication as directed (1-2 tablets every 4-6 hours as needed).

○ Post-op Day 4

Morning:

- Eat breakfast.
- Wash hair. **Do Not** let shower water hit the grafts directly. Gently pat head with shampoo and rinse with a cup and water.
- Apply a thin strip of Iamin Gel or ointment to suture line.
- Spray with Graftcyte.
- Apply Graftcyte medicated pads for 45 minutes to 1 hour.
- Continue to spray with Graftcyte every hour.
- Ice forehead and massage as needed.

Evening:

- Wash hair. **Do Not** let shower water hit grafts directly. Gently massage head with shampoo and rinse with a cup and water.
- Apply a thin strip of Iamin Gel or ointment to the suture line.

- Continue to spray with Graftcyte every hour while awake.
- Return to normal sleeping pattern.
- Take pain medication as directed (1-2 tablets every 4-6 hours as needed).
- Take sleep medication as needed (Diazepam- ½ to 1 tablet at bedtime).

○ Post-op Days 5 and 6

Morning:

- Eat breakfast.
- Wash and condition hair. Let shower water directly hit grafts for 2 minutes. Gently massage head with shampoo and conditioner rinse under the direct shower water.
- Apply a thin strip of Iamin Gel or ointment to the suture line.
- Continue to spray with Graftcyte every hour while awake if there is any remaining.

Evening:

- You do not need evening showers if you choose not to.
- Continue to spray with Graftcyte every hour while awake until it is finished.

○ Post-op Day 7 through Suture Removal

- Wash and condition hair. Let shower water directly hit grafts for 2 minutes. Gently massage head with shampoo and conditioner rinse under the direct shower water.
- Shower, shampoo and condition hair daily. After 10 days, use washcloth or fingertips to gently rinse off any remaining bumps (scabs) on head. No scabs should be left the morning of your suture removal appointment.
- Continue to spray with Graftcyte every hour if there is any remaining.
- ***DO NOT apply Iamin Gel or ointment after one week. Clean suture area daily and then apply Vaseline, Aquaphor or any antibacterial ointment. This will help to facilitate suture removal.***

IMPORTANT NOTE: When the bumps (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 2-3 months. New hairs will continue to emerge for about 12-16 months.

○ After Suture Removal

- You may return to your normal hair maintenance routine.
- You may begin using Rogaine.
- You may get your hair cut and/or colored.
- You may resume exercise though I would avoid excessive neck movement (abdominal crunches) or heavy lifting for 2 additional weeks.

Take Your Medications as Directed

Prescribed	Recommended	Medication	Use
		Vicoden (hydrocodone with acetaminophen)	Pain reliever – if needed
		Valium (diazepam)	To help you sleep – if needed
		Copper Peptide Products (Graftcyte/Procyte hair products)	To promote healing and formation of new collagen and blood vessels
		Propecia (Finasteride) MEN ONLY	To prevent hair loss; may regrow miniaturized hair
		Rogaine (Minoxidil) 5% foam	To prevent hair loss
		Low Level Lazer Therapy	To stimulate healing and hair growth