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TOTONCHI
PLASTIC SURGERY

HAIR TRANSPLANT: POST-OPERATIVE INSTRUCTIONS

24-48 HOURS POST-OP:

AVOID ALL CONTACT TO DONOR SITE AND NEWLY IMPLANTED GRAFTS

• No ibuprofen (ex. Advil, Motrin), aspirin, or blood thinners of any kind. Tylenol, or pain medication prescribed by your doctor, may be taken to help manage pain.

• Do not consume any alcohol for the first 24-48 hours after your procedure.

• You will have a pressure dressing on your scalp where the grafts were harvested. Do not remove this until directed to do so.

• Do not wash your hair until at least 72 hours after your procedure.

• Drying of the graft site may cause itching, to help prevent this from occurring, we recommend spraying the grafts 3-4 times a day with a small spray bottle filled with sterile water.

• Sleep in an elevated position for the first 2 nights following the procedure. It is best to use 3 pillows under your upper body or sleep in a recliner.

• Consult with your physician before resuming any strenuous activity or medications, including vitamins and herbal supplements.

AFTER 48 HOURS POST-OP:

THE DONOR SITE SHOULD NOW BE CLOSED UP AND HEALING. YOUR PHYSICIAN MAY SUGGEST REMOVING THE BANDAGE AT THIS TIME

• As your scalp begins to heal, you will start to see scabbing on the donor site as well as the newly implanted graft site. This is perfectly normal.

• A very loose fitting hat (that does not come in contact with the grafts) may be worn.

• After the bandages are removed, apply an antibiotic ointment, such as Bacitracin, over the donor area at least 3 times a day for the next 3-4 days to keep it moist and promote scab healing.

• Only use hair products that are recommended to you by your physician for the first 14 days.

• You may massage the donor site, but do not touch the new grafts with your fingers for 7 days post-op as this may cause the grafts to dislodge.

72 HOURS POST-OP (hair washing day)

• There should be no direct water pressure from the shower head on the newly implanted grafts.

• To wash your recipient area, combine 2-3 drops of baby shampoo with lukewarm water in a cup. This will create a lather which should be poured gently over the recipient area, tilting your head back and pouring from your forehead to your crown. You may massage the donor site ONLY, but do NOT touch the recipient area with your fingers for 7 days post-op as this may cause the grafts to dislodge. You may gently wash the sides and back of your head using a mild shampoo, such as Johnson and Johnson Baby Shampoo. You may then rinse your recipient sites by gently pouring lukewarm (NOT hot) water from a cup over your scalp. Avoid direct water pressure on newly implanted grafts. After 7 days you may begin to wash your hair normally. This particular method of hair washing should be performed for days 4-7 following your procedure.

2-3 WEEKS POST-OP:

AFTER 2 WEEKS, THE SCABS SHOULD HAVE FALLEN OFF

• Avoid excessive sun exposure to the grafts for the first 90 days. After 14 days you may use spray-on sunscreen or an adjustable hat if you will be out in the sun for more than 30 minutes.

• Avoid exposure to water (e.g. swimming), which may result in submersion of the newly implanted grafts, for at least the first 3 weeks.

• No helmets, wigs, or fitted hats/caps/beanies for the first 14 days, unless otherwise cleared by your physician.

• Avoid activities that cause excessive sweating, such as running, weightlifting, intense workouts, or the use of a sauna within the first 14 days. However, minor workouts can be added into your daily regimen.

• Do not use any over-the-counter hair products for the first 14 days.

AFTER THE FIRST MONTH:

• Check with your physician before resuming the use of supplemental hair products, such as Topik or Rogaine.

• Refrain from using bleaches or any type of hair dye for the first 6-8 weeks following your hair restoration procedure. Even afterward, it is recommended that you use a semi-permanent dye so as to not damage your grafts.

FOR ITCHING & DISCOMFORT:

SCABBING OR ITCHING AT THE DONOR AND TRANSPLANT SITE IS NORMAL

• Do not pick or scratch at these scabs as this can hinder healing and could cause scarring or infection.

• Scabs will naturally fall off within 2 weeks and may contain small hairs. (Do not be alarmed as this is normal. The hair bulb remains in the skin).

• A diluted saline solution (in a spray bottle) can be used as a skin soothing mist that may reduce discomfort, itching, and inflammation. Spray the mist as needed up to 2 times a day for 2 weeks post-op to keep the scabs moist. It is recommended to use the diluted saline solution on the irritated area immediately after showering.

FOR SLEEP

BY FOLLOWING THE DIRECTIONS BELOW, YOU WILL CONTROL SWELLING IN THE FOREHEAD/BROW REGION

• Frontal Hairline Restoration: Sleep in an elevated position for 2 nights following the procedure. It is best to use 3 pillows under your upper body or sleep in a recliner.

• Crown Restoration: Sleep with a neck pillow or rolled up towel under your neck.

FOR SWELLING

SWELLING IS A PART OF THE HEALING PROCESS AND TYPICALLY OCCURS ON DAY 2 OR 3 AFTER YOUR

PROCEDURE. IT USUALLY DISAPPEARS IN 5-7 DAYS.

• Do not apply ice directly to the graft area.

• For swelling around the eyes and forehead, apply an ice pack on the eyebrow area and below.

• Do not use hot compresses.

• Do not remove the pressure bandage from the back of the scalp. Discuss with your physician about the best time to remove these bandages.

FOR MINOR BLEEDING

IN OCCASIONAL INSTANCES, MINOR BLEEDING MAY OCCUR FROM THE TRANSPLANT SITE AND/OR DONOR AREA

• To control bleeding, apply gentle, but firm pressure on the area for 5-10 minutes with a dampened gauze pad. Press only, do not rub.

If excessive bleeding occurs anywhere on the scalp and cannot be stopped by firm pressure for greater than 20 minutes, proceed to the nearest hospital emergency room or urgent care facility. Call your physician's office at (440) 461-7999 and take this form with you.