

Post Operative Instructions for FUT Hair Transplantation

Two Week Suture Removal:

Graftcyte Spray: Graftcyte spray has been developed to enhance the body's natural wound healing process following hair transplant surgery. The bottle of Graftcyte you have been provided with helps maintain a moist scalp environment and promote healing.

- *Day of Procedure (Day zero)/Before Bed:* Lightly mist the transplanted area. Gently blot any excess with the gauze provided. Do **not** rub the transplanted area with the gauze. It is normal to observe slight bleeding on the gauze.
- *Day 1 – 14:* Continue Graftcyte spray **three times a day** until the bottle is finished.

Dressing:

- *Day 1:* Please remove the dressing no sooner than the morning post procedure (optional)
- If possible, leave it on until your first shampoo (Day 2), as this will aid in potentially minimizing swelling. An additional ace bandage has been provided if the original one gets soiled. Please make sure that the wrap remains below the grafted area(s).

Shampooing: Please use the provided shampoo. If you run out of shampoo during the first two weeks post procedure, please use a gentle/**non**-medicated shampoo. After washing hair, apply a thin layer of Mupirocin ointment (*prescribed* from pharmacy) over your sutures.

- *Day 2-4:* Using a cup/bowl, pour the water over your head to wet the hair. Lather shampoo in hands and gently pat/massage the shampoo on the entire scalp using the pads of your fingers. Using the same cup/bowl, pour the water over your head until the shampoo is fully rinsed. Apply *Mupirocin ointment* to sutures after washing.
- *Day 5-14:* Resume **daily** shampooing with medium shower pressure. Gently massage the shampoo, using the pads of your fingers. Do not pick or scratch at any scabs/flaking. Please make sure to clean the donor (suture) area well. Apply *Mupirocin ointment* to sutures after washing.

Medications:

- *24 Hours Post Procedure:* You may resume any medications/ vitamins that you may have stopped for the procedures.
- Please avoid blood thinning medications like Aspirin, Motrin, Ibuprofen for 24 hours, as well as alcoholic beverages.

Rogaine/Minoxidil: If you use topical Rogaine, please refrain from using it on your grafted area(s) for at least 14 days, or until **all** scabbing has resolved.

Pain Medication: You have been prescribed Vicodin tablets for pain. It is important that you take this medication **with** food to prevent nausea and/or becoming sick.

- *Day 0+:* Take one tablet every 4-6 hours as needed for discomfort.

Swelling: Some patients develop swelling on the forehead 2-4 days after the procedure. This is painless and temporary. To help minimize this, ice may be applied to your forehead after your surgery. It is recommended that you sleep with your head elevated for the first 3 nights. You may also gently massage your forehead, moving fluid away from the midline of the forehead and towards the temples.

Activity:

- *Day Zero & Day 1:* Avoid all exercise.
- *Day 2-10:* Light exercise is permitted at this time. Avoid any strenuous exercise or weightlifting.
- *Day 11-14:* Moderate exercise is permitted at this time. Avoid any strenuous exercise or weightlifting.
- *Day 15+:* Regular exercise can be resumed once the sutures have been removed.

Head Wear: Loose-fitting hats or bandanas are acceptable immediately after surgery, so long as they are clean and/or freshly washed, and do not rub against the grafts.

Bleeding: If there is any bleeding from the grafted or donor areas, apply firm pressure for 15 minutes. If it persists, or you have any concerns, please call the office at (959)202-2416 or email us at info@hairtransplantcenter.com

You will see shedding of the transplanted grafts 2-4 weeks after the procedure. Do **not** panic! These hairs will enter back into the growth phase over the next 4-12 months.

Follow Up: After your follow-up appointment we will see you back in about 5 months and again one-year post-op. We will contact you to schedule these appointments. All follow-up appointments for the first year are included in your surgical fees.