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Hair Transplant Post-Op Instructions

No Alcohol

Alcoholic beverages should not be consumed for 48 hours after surgery.

Minor Bleeding

Occasionally minor bleeding may occur from the grafted area or suture line. This can be controlled by applying light, even pressure on the area with a damp gauze or paper towel.

Sleeping

To help prevent swelling in the forehead, sleep with your head elevated (two or three pillows) for the first 3-4 nights. If swelling does occur, it will usually happen after the third day. Swelling can't be cured once it occurs, but, applying ice for the first 24 hours and taking prescribed medication will lessen the chances.

- Wear your leg compression devices whenever you are not up and moving around during your recovery period, including when you are sleeping at night.

Cold Packs

Cold packs should be used on the forehead and suture line for the first 24 waking hours (a bag of frozen vegetables works best). Apply to each area for 10 minutes of each waking hour. **Do not apply the cold packs directly on the grafts.** Place a cold pack in front of the grafted area, and directly on the suture line. Wrap a damp paper towel around the cold packs before placing on either area. Cold packs help reduce the chance of swelling later.

Shampooing

Shampooing once the day after the procedure. Starting 48 hours after the procedure you should shampoo once in the morning and again in the evening. Dandruff shampoo may be used once a day to help minimize itching that occurs as the scalp heals. Lather the shampoo in your hands and dab gently on the grafts then rinse with cool water from a cup or shower head on low pressure. The suture line may be rubbed side to side not up and down. The remainder of your scalp may be scrubbed as usual.

Apply light pressure on the grafts with a paper towel after shampooing. Do not dry the grafts with a regular bath towel as a graft may catch on the terry cloth fibers. Do not pick at the grated area. Only comb the hair when it is wet and comb superficially not allowing the comb to come in contact with the grafts.

Exercise

Do not bend over for the first 48 hours. Keep your head upright and bend at the knees to pick up objects that are lower. No heavy lifting or exercise should be done for 7 days after surgery. This may cause the sutures or grafts to bleed.

Do not go swimming in chlorinated water for seven days after surgery. Do not expose newly grafted area to prolonged sunlight as this may cause scarring. Use sunscreen or a hat at least until grafts are fully grown.

Cleansing Routine

Saline is very beneficial to the healing process. After 48 hours start the following regimen:

Morning

Use cool water with mild water pressure and regular shampoo to clean the hair and scalp. Spray saline on the grafts after shampooing and several times throughout the day. A hair dryer may be used on a cool, low setting.

Evening

Use cool water with mild water pressure and dandruff (optional) shampoo to clean the hair and scalp. Spray saline on the grafts.

If further assistance is needed, please call the office at 410-486-3400 if you experience: Increased pain, swelling, redness at surgical site, pus draining from wound, or fever above 101.5.

Return to office for follow-up appointments on:

Date: _____ Time: _____ (1Week)

Technician Signature: _____

Physician Signature: _____

Patient Signature: _____