

Pre- and Post- Procedure Instructions for Hair Transplant

The following instructions should be carefully followed before and after a hair transplant or scalp procedure. If you are unclear about any of the instructions, please contact our office.

This procedure will take a full day. Please plan on being here all day. The length of the procedure is determined by the amount of grafts, how well the procedure is going, blood pressure, if there is unusual bleeding or graft popping, etc. *This is why it is important to follow pre-op instructions.*

TWO WEEKS BEFORE PROCEDURE:

- **Stop taking any medications or vitamin supplements that contain aspirin, ibuprofen (e.g. Motrin, Aleve, Advil, etc.), Herbs (Echinacea, Gingko Biloba, Garlic) or Vitamin E for 2 weeks before the procedure.** These medications increase your risk for bleeding making it very difficult for your newly transplanted grafts "to take." ***Bleeding during the procedure also adds hours to the amount of time necessary to complete the procedure.*** Be sure to check with a pharmacist before using any over the counter medications. Many over the counter medications such as Alka-Seltzer, Bufferin, Excedrin, etc., contain aspirin. Pain, cold, flu, and allergy medications often contain aspirin or ibuprofen. Tylenol is OK.
- Start taking 1000mg of Vitamin C three times per day as this helps with healing.
- If you are having FUT, do not cut the hair on the back of your head before surgery. This will make it more difficult to hide the suture line. Keep it around 1-2 inches long for best results.
- Stop Hair Medica Home Infusion Hair Restore SystemR.

ONE WEEK BEFORE PROCEDURE:

- **Refrain from alcohol one full week before and after the procedure. Alcohol makes you more likely to bleed during a surgical procedure.**
- Refrain from smoking and nicotine products one week before your procedure. Nicotine constricts blood vessels making it difficult for oxygen rich blood to get to the surgical site.
- You will either come in to see **or** receive a telephone call from the RN or NP. She will review your health history with you as well as your instructions and answer any questions you may have. If you have ever experienced high blood pressure, asthma, chest pains or palpitations, liver or kidney problems, sleep disorders, or shortness of breath, it is extremely important that we have this information.
- Stop using Rogaine products.
- Please refrain from any form of casual exercise 3-7 days prior to surgery. *If you weight train, body build or do strenuous cardio exercise, please refrain from this type of activity for at least 1 week prior to surgery. If you take any type of supplements for weight training/body building, please refrain from taking these products for one week.*
- **If you color your hair, please color it within one week of the transplant. Having any re-growth makes it harder to cut and place.**

NIGHT BEFORE YOUR PROCEDURE:

- Wash your hair with **Hibiclens** and Reload Omega ScalpR shampoo or another mild shampoo. Mix these products in your hand in a 50/50 ratio, lather, leave in place for one minute and rinse out. Do not wash your hair or apply hair products the day of the procedure.
- Be sure you have picked up all of your prescription medications and arranged for transportation to and from The Lindsay House for your procedure.
- You will receive a phone call from the hair team the day before your surgery to confirm your arrival time for your surgery, at which time you will receive instructions regarding any restrictions on eating or drinking the night before your surgery.

ON THE DAY OF YOUR PROCEDURE:

- We will provide you with lunch so let us know any food allergies or restrictions.
- Please go to Suite 101 (Lindsay House Surgery Center). You will receive a phone call the day before your procedure confirming arrival time.
- You will be given light sedation during the procedure. Due to the length of the procedure, light sedation will allow you to relax helping to pass the time quickly. You will need to have someone drive you home.
- Wear comfortable clothing that does not need to be pulled over your head. A button down or zippered shirt is easiest and some patients like to wear sweatpants for comfort. Valuables should be left at home.
- Cell phones need to remain off during procedure.
- Please do not bring reading material or computers with you since you will be in a reclining position for the majority of the day and unable to use them. We provide cable TV and have some movies available for your entertainment. You **MAY** bring DVD movies that are appropriate for mixed company, and/or ear buds with a music player.
- We ask that family members or friends not visit over the course of the day. If you need to contact someone, a phone is provided.

So that you may better plan your post-procedure activities, please read through the following instructions before your procedure.

AFTER YOUR PROCEDURE:

WOUND CARE:

- You will be supplied with a baseball cap at the end of the procedure to wear home. To minimize swelling, apply an ice pack or frozen peas over the eyebrows for 15 minutes every hour, **not on the grafts and at least one inch from the hairline if grafts were placed there**. You should expect to see small “scabs” at many of the graft sites. These will usually fall off within 7-14 days. Please don't pick them off; you may disturb the newly planted grafts.
- Your wound may have been closed using an absorbable suture that will dissolve, loosen and fall out over the next 7-14 days and doesn't need to be removed. The suture will appear to look like fishing line with a slightly yellow color and will most likely come loose while shampooing your hair. If you have undergone FUE and a dressing is applied, leave it in place until your first follow-up visit on postoperative day 1, at which time it will be removed by our staff.
- You may experience the hair in the grafts falling out over the first few weeks after the procedure. This is expected and your new hair will start growing approximately 4-6 months after your procedure. In rare instances, additional hair in the area of the transplant may fall out due to the stress of the transplant. This hair will re-grow along with the transplanted hair.

ACTIVITY:

Avoid bending, lifting and straining for 1 week after your procedure. Avoid strenuous activity of any kind for 1 week. Too much activity could cause swelling, bleeding, and loss of grafts. Keep activity VERY minimal. Bend at the knees instead of at the waist when picking up objects and tying shoes.

MEDICATIONS:

- **Antibiotic:** Begin when you arrive home after the case, and take as directed until completed.
- **Medrol Dosepak (methylprednisolone):** If you have been prescribed a medication to prevent swelling, take this as directed until completed.
- **Pain medication:** If prescribed, take this as directed for postoperative discomfort.

FOLLICULITIS:

- Folliculitis is one or more ingrown hairs that cause pimple-like lesions. Occasionally, a patient may develop this as the new hair is beginning to grow through the surface.
- If this happens, apply a warm, moist cloth to the area for several minutes, three times a day. If the area does not improve after a few days of treatment, please call the office at (585) 244-1000 and speak to one of our nurses.

Folliculitis will not affect your outcome.

NUMBNESS:

Some numbness at the suture line and the graft sites will most likely occur. This is normal and will begin to resolve in six to eight weeks. Some patients may notice small areas that will remain numb for up to one year.

SPECIAL INSTRUCTIONS:

- **You will need to avoid direct sunlight or cold for three weeks by wearing a hat or other covering that is not knit or tight and will not compress the grafts.**
- **Avoid alcohol for one week after the procedure.**
- **On night 6, apply a generous amount of antibiotic ointment to the newly transplanted graft area and keep it on overnight. This will help to loosen up the scabs before you wash your head on day 7. On day 7, apply a warm compress on the newly transplanted area for 10 minutes and then wash your hair and scalp as usual.**
- **It is normal to bleed slightly overnight. To protect your linens, you may want to put a towel over your pillow for the first few nights after the procedure.**
- **Call our office if you develop any of the following: Fever (higher than 100 degrees F), pain not relieved with ordered pain medication, redness at the incision site, unexpected swelling (some forehead swelling is not unusual), heavy bleeding, foul drainage, persistent nausea and vomiting, or any other concerns.**



***If your pre-op appointment is over the phone, you need to be available for 30 minutes for this phone call and should have these instructions with you for review. It's just like an office visit.**

Your post-operative appointments have been scheduled for:

Post-operative visit day 1: _____

3 week post-op with NP/RN: _____

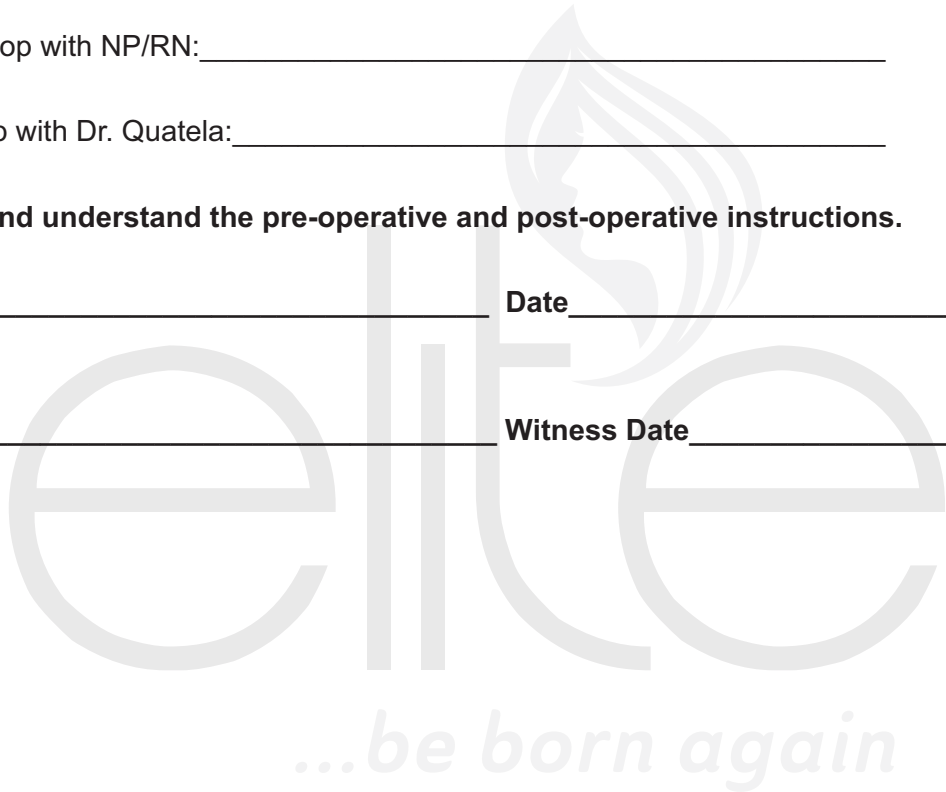
5 month post-op with NP/RN: _____

1 year post-op with Dr. Quatela: _____

I have read and understand the pre-operative and post-operative instructions.

Signed _____ **Date** _____
Signature

Print Name _____ **Witness Date** _____





Post-Transplant Hair Care FUT

Day 1

The day following your surgery is considered post-operative day 1. After your transplant, you may shower your body only as long as the hair is kept dry. Do not let the force of the water hit the grafts or attempt to wash any portion of the hair for 72 hours. Continue to take your antibiotics and other prescriptions as prescribed and remember to wear the hat we provided when outdoors.

Day 2-6

Itching is common during the healing phase. CopperK Calming SprayR may be used after 72 hours to help soothe itching and help with dryness. Shake before using and spray gently over grafts two to three times daily as needed.

You may wash your hair with CopperK Shampoo SprayR beginning 72 hours following your procedure. This is an important step to reduce bacteria and lessen the scabbing. Do not let the shower spray directly on the grafts. Wet the scalp, which is most easily accomplished by sitting in the tub or shower and filling a container such as a large measuring cup or pitcher with warm water from the tap. Pour the water so that it hits the non-grafted portion of the scalp, either the front or the back - **NOT ON THE GRAFTS**. Allow the water to run over the grafts wetting the entire head. Shake the CopperK Shampoo SprayR well and then spray gently onto your wet scalp. Leave on for one minute and then rinse with lukewarm water in the same manner by pouring the water on the non-grafted portion of the head and letting the water run over the grafts. Allow the hair to air dry. **DO NOT USE A HAIR DRYER**. You will again repeat this process on days 4, 5 and 6. The night of day 6 you will apply antibiotic ointment to the graft site. Put on one of the paper caps before bed.

Day 7

On the morning of day 7, you will wipe the ointment off and then apply a warm compress to the grafted area for about ten minutes. You can then step into the shower and treat your head like nothing has happened. Shampoo normally with Reload Omega ScalpR shampoo and condition with Reload Ceramide StrengtheningR conditioner or another mild shampoo and conditioner. After this, you may blow dry and resume your normal styling routine. Continue to wear a hat when outdoors for a total of three weeks following your surgery.



Post-Transplant Hair Care FUE

Day 1

The day following your surgery is considered post-operative day 1. After your transplant, you may shower your body only as long as the hair is kept dry. Do not let the force of the water hit the grafts or attempt to wash any portion of the hair for 72 hours. If you have a pressure dressing in place, leave it in place until your office visit on post-operative day 1, when it will be removed by our staff. Apply a thin coat of antibiotic ointment (Bacitracin or Polysporin) to the donor area before bed. Continue to take your antibiotics and other prescriptions as prescribed and remember to wear the hat we provided when outdoors.

Day 2-6

Itching is common during the healing phase. CopperK Calming SprayR may be used after 72 hours to help soothe itching and help with dryness. Shake before using and spray gently over grafts two to three times daily as needed. For the donor site ONLY, continue to apply Bacitracin or Polysporin twice per day on days two and three. Beginning on day four, apply CopperK Scalp CreamR two to three times per day to the donor site for up to two weeks until scabbing is no longer evident.

You may wash your hair with CopperK Shampoo SprayR beginning 72 hours following your procedure. This is an important step to reduce bacteria and lessen the scabbing. Do not let the shower spray directly on the grafts. Wet the scalp, which is most easily accomplished by sitting in the tub or shower and filling a container such as a large measuring cup or pitcher with warm water from the tap. Pour the water so that it hits the non-grafted portion of the scalp, either the front or the back - **NOT ON THE GRAFTS**. Allow the water to run over the grafts wetting the entire head. Shake the CopperK Shampoo SprayR well and then spray gently onto your wet scalp. Leave on for one minute and then rinse with lukewarm water in the same manner by pouring the water on the non-grafted portion of the head and letting the water run over the grafts. Allow the hair to air dry. **DO NOT USE A HAIR DRYER**. You will again repeat this process on days 4, 5 and 6. The night of day 6 you will apply antibiotic ointment to the graft site. Put on one of the paper caps before bed.

Day 7

On the morning of day 7, you will wipe the ointment off and then apply a warm compress to the grafted area for about ten minutes. You can then step into the shower and treat your head like nothing has happened. Shampoo normally with Reload Omega ScalpR shampoo and condition with Reload Ceramide StrengtheningR conditioner or another mild shampoo and conditioner. After this, you may blow dry and resume your normal styling routine. Continue to wear a hat when outdoors for a total of three weeks following your surgery.

Frequently Asked Questions

1. What is the cause of hair loss?

The most commonly known cause of androgenetic alopecia (or pattern baldness) is largely heredity and caused by the presence of a male hormone called dihydrotestosterone.

2. Is there any procedure that really works to treat pattern baldness?

A procedure called Follicular Hair Restoration has been used successfully to treat pattern baldness with proven results.

3. What technique does the doctor use?

Hair transplantation is done using the patient's own hair taking the donor hair from the back of the patient's head (where it is genetically programmed to grow permanently). The hair grows in follicular units, which consist of 1-5 hairs in each unit. Mini grafts that are 3-5 hairs each are used to fill in areas with thinning or no hair. Micro grafts that are 1-2 hairs each are used along the hairline to give the transplantation the most natural look possible. We use both the FUT and FUE method of hair transplantation, which will be discussed during your consultation.

4. How long does the procedure take?

The actual procedure may take anywhere from 6-10 hours. This time is dependent upon the amount of work to be done, and how well the individual follows pre-op instructions. We ask that you plan to spend the day with us when you are having a transplant.

5. Is it painful?

Some patients report only a small amount of discomfort associated with a hair transplant. We use a local anesthetic in the area that we will be working. During the case if you feel any discomfort, we can give you a pain relief medication. Many patients report no pain whatsoever.

6. Will I need more than one procedure?

That will depend on the extent of your hair loss and the number of grafts. It will take about 4-6 months to see new growth, but takes up to one year to see the final results.

7. Won't my new hairs fall out just like my old ones?

No. Hair in the back of the scalp is abundant and resistant to the effects of dihydrotestosterone. They retain their original properties and growth pattern.

8. Is this the best alternative?

Hair transplantation is the only permanent solution to hair loss. There are many short-term solutions, but they are not permanent.

9. How long will I be out of work?

If your work is *not physically* strenuous, you may return to work 24 hours after the procedure. You should avoid strenuous exercise, heavy lifting, or bending for seven days following your surgery. If your work is physically strenuous, you should plan to take 1 week off.

10. What follow-up is necessary?

The day after surgery you will be seen at the Lindsay House for a post-operative procedure check up. You will need to return at 3 weeks, 5 months and 1 year for additional post-op appointments.

11. How much does it cost?

At the time of your free consultation, we will assess your unique needs and quote a price to meet your individual objectives.

12. How do I go about getting a transplant done?

A member of our staff will be happy to answer basic questions or arrange a private, personalized, no-cost consultation with Dr. Quatela. At this appointment, the individual situation will be evaluated and a plan of care can be decided.

13. Is this procedure for you?

Do you desire more of your own natural hair? Is minimum "down-time" a concern? Is an office procedure performed in a casual environment (while watching TV/movies or listening to your favorite CD) appealing to you? Then yes, this procedure is for you!

...be born again



Things to Remember Before Your Hair Transplant

1. It is important to review and follow instructions carefully.
2. Remember, it is very important not to exercise for three days before your procedure. ***If you weight train, body build or do strenuous cardio exercise, please refrain from this type of activity for at least 1 week prior to surgery. If you take any type of supplements for weight training/body building, please refrain from taking these products for one week.***
3. It is very important to wash your hair with **Hibiclens**, an antibacterial cleanser available at most pharmacies, the night before the procedure. **DO NOT** use any sprays, gels, mousses or waxes after washing.
4. Please wear comfortable clothing, including a shirt that is not to be pulled over your head. We will provide you with a clean, adjustable baseball-type cap to cover your head when going home. You will need to keep your head protected from the sun/cold for the next three weeks.
5. Feel free to bring in DVD movies or ear buds with a music player for your enjoyment.
6. If you take any daily medications, please discuss with the nurse during your preoperative phone call or visit and follow instructions given. Bring any necessary medications with you to your procedure (ex. Inhalers or insulin).
7. Most procedures are done with the use of relaxant medications. If you are given medications during your procedure, you will need to have a ride available to take you home.
8. If you color your hair, please do so within one week of the procedure, as this helps with the cutting and placement of grafts. You may resume coloring four weeks after the procedure.

Things to Remember After Your Hair Transplant

1. Follow instructions carefully to avoid loss of grafts.
2. What to Expect at:
 - **One to Four Weeks Post-Op:** Some patients can experience swelling, scales and small pimples. The newly transplanted hairs will fall out. Your scabs should be gone and there will be redness in the transplanted area. *Swelling* is usually minimal, but may travel down below the forehead to the eyes. If this worsens or does not improve within 48 hours, please call the office.
 - **One Month:** You will experience numbness around the suture line if there is one and at the graft site area. *Numbness* is normal and will begin to resolve in six to eight weeks. Some patients may notice small areas that remain numb for up to one year.
 - **Two to Four Months:** **You may start to see some growth.** Itching in the recipient area or discomfort in the donor area may still be present, but this should pass in a few months. The incision in the donor area is healed, but will still be red and numb. Also at this stage, a few patients may develop small pimples (folliculitis) around the transplanted area as the hair emerges. As stated in the post-op instructions, if this occurs and persists, we would like to be notified because there are ways of treating it. Please call the office at (585) 244-1000.
 - **Four to Six Months:** You should now start to see your new growth coming in. Please be patient, at best the growth at this time represents approximately 20% of the growth you should anticipate. In addition, when the transplanted hair first appears, it is immature, fine, thin and light in color. As time goes on, more transplanted hair will appear, and the hair will become thicker, longer and darker.
 - **Six to Eight Months:** A significant change usually occurs between the 6th and 8th month. By 8 months, most of the hairs (80%) should have penetrated the skin, but still will only have achieved about 50% or 60% of the final visual aesthetic effect.
 - **Eight to Twelve Months:** The visual result continues to improve for up to a year, and it is only after one full year that the final aesthetic effect is usually achieved.
3. In some cases, your hair might actually look a little thinner after the transplant. This is most likely to occur when pre-existent hairs are present in the transplanted zone. These hairs may thin out in the three months after transplantation, but will usually grow back at about the same time and rate that the new grafts grow in. Do not worry if your hair looks thinner at 3 months after transplantation, your rewards come in 6-12 months.
4. You will not get the maximum benefit from your transplant until 9-12 months after the procedure, because the hair must have this amount of time to re-grow length and thickness of the shaft. You will see improvement at 4-6 months in the form of fine short hair, but results peak at 9-12 months.
5. Hair loss is a relentlessly progressive process, therefore, you may want additional replacement procedures in the future to thicken or cover new areas of loss.
6. We are always available to discuss any questions or concerns you may have. Please don't hesitate to call. To us, you are the most important person in the world; you are our patient.

When Can I Resume....

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| Light exercise (walking, etc.) | Day 1 |
| Use of aspirin products | Day 3 |
| Very gentle shampooing of grafts | Day 3 |
| Return to brushing of non-grafted hair as usual | Day 2 |
| Apply a generous amount of antibiotic ointment to the newly transplanted grafts and keep it on overnight | Night 6 |
| Vigorous shampooing of grafts | Day 7 |
| Use of hairdryer | Day 7 |
| Use of mousse, gels and hairspray | Day 7 |
| Gentle brushing of grafts | Day 7 |
| Chemical hair treatments (coloring and perms) | 4 weeks |
| Intense exercise (running, aerobics, etc.) | Day 7 |
| Swimming and other water sports | 1 to 3 weeks |
| (Up to the neck only until scabs are gone and sutures dissolved) | |
| Use of hot rollers and curling irons | Day 7 |
| Use of Propecia | Next day |
| Use of Rogaine | 4 weeks |
| (When scabs are all gone) | |
| Avoid direct sunlight or cold for..... | 3 weeks |
| Hair Medica Active Anchoring Serum only..... | 4 weeks |
| LED Vibrating Derma Roller system..... | 6 months |
| Toppik..... | 7 days. |