

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.

PLANNING FOR SURGERY

2 WEEKS BEFORE SURGERY

- Stop taking any medications or vitamin supplements that contain aspirin, ibuprofen (e.g. Motrin, Aleve, Advil, etc.), herbs that increase blood flow or thin the blood (Echinacea, Gingko Biloba, Garlic), and 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.
- If you have symptoms of a fever, cough, shortness of breath, or body aches, please contact the office for instructions regarding your procedure.
- Start taking 1000mg of Vitamin C three times per day as this helps with healing.
- Stop using any topical hair treatment products that increase blood flow to the scalp.

1 WEEK BEFORE SURGERY

- 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 our clinical staff. 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 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, color it within 1 week of the transplant. Having any lighter colored re-growth makes the hair harder to cut and place.
- Please consider your hairstyle you will wear for your procedure. **The donor site will need to be shaven down using a 0 or 1 guard.**

NIGHT BEFORE SURGERY

- Wash your hair with baby shampoo. 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 Ponsky Facial Plastic Surgery.
- You will receive a phone call from the hair team the afternoon of the day before your surgery to confirm your arrival time for your surgery.



THE DAY OF YOUR PROCEDURE

- Eat a light breakfast (nothing fatty, fried or greasy). **Avoid caffeine** on the day of the procedure.
- We will provide you with lunch. Please inform the staff of any food allergies or restrictions.
- You will be given light oral 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. You will be given a patient belongings bag to store your personal items.
- Cell phones need to remain off during your procedure unless being used to listen to music or podcasts.
- Family members or friends may not visit over the course of the day. Phone updates are available through the practice.
- YOU WILL NEED TO HAVE A RIDE HOME BY A FAMILY MEMBER OR FRIEND. This is due to the sedation and/or pain medication as well as the length of your day here at our center. A hair team member will call your ride when you are ready to be picked up. Your ride should park in the parking lot at the end of the ramp and stay in their car. The nurse will walk you out to your car. You will be given printed instructions to share with your ride or whomever will be at home with you that evening. If you do not have a ride on the day of your procedure, your case may be cancelled. This is a very important safety measure for you. So that you may better plan your post-procedure activities, please read through the following instructions before your procedure.

AFTER YOUR PROCEDURE

- 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.
- 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.

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 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 6-8 weeks. Some patients may notice small areas that will remain numb for up to 1 year.



POST-TRANSPLANT HAIR CARE

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. For the donor site ONLY, continue to apply Bacitracin or Polysporin twice per day on days two and three. Beginning on day four, apply Aquaphor ointment® 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 mild shampoo 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. Add a small amount of the mild shampoo to the pitcher with some water to make a sudsy lather. Pour the lather over the scalp as you did the water to wet the 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 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, it is helpful to gently 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. You may let the shower spray on the grafts and shampoo normally with mild shampoo and condition with a mild conditioner. After this, you may blow dry and resume your normal styling routine. Continue to follow this routine for washing and wear a hat when outdoors for a total of three weeks following your surgery.

SPECIAL INSTRUCTIONS

- Avoid direct sunlight or cold for 3 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 to dissolve ointment, and then wash your hair and scalp as usual.
- It is normal to bleed slightly overnight. To protect your linens, you will be provided with a disposable towel to use the first evening and 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.



FREQUENTLY ASKED QUESTIONS

What is the cause of hair loss?

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

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

A procedure called Follicular Unit Extraction (FUE) has been used successfully to treat pattern baldness with proven results.

What technique do the doctors 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 the FUE method of hair transplantation, which will be discussed during your consultation.

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.

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.

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.

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.

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.

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.



WHEN CAN I RESUME...

Light exercise (walking, etc.) (under 2 miles)	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
You may style and cut your hair once scabs have healed and sutures dissolved	7 to 14 days
Normal 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	3 weeks
Use of hot rollers and curling irons	Day 7
Use of Propecia (Finasteride) or Minoxidil Oral	Next day
Use of Rogaine, 82F or 82M	4 weeks
Avoid direct sunlight or cold for	3 weeks
Laser caps and combs	3-4 weeks
LED Vibrating Derma Roller system	6 months
Toppik or other hair fibers	Day 7

