

Pre and Post Hair Transplant Instructions

Hair Transplant Consultant: Ron
Hair Transplant Coordinator: Tiffany

Before the Transplant

- ❖ **Hair cut** prior to procedure will be discussed during your consult appointment.
- ❖ **10 Days Prior:** Eliminate the use of ASPIRIN or ASPIRIN- containing medications. Many medications contain aspirin, so please be sure to read all medication labels or ask the office.
- ❖ **7 Days Prior:** Eliminate all non-Rx medications such as ibuprofen, antihistamines and Vitamin E.
- ❖ **3 Days Prior:** Do not drink alcohol or exercise. Also, fill any Rx given by MD
- ❖ **1 Day Prior to Hair Transplant:** Shampoo your hair the evening before or morning of the procedure. Do not apply any product, hair spray, mousse or gel.

Day of the Transplant

- ❖ Wear comfortable clothing, a button-down shirt or sweater that easily passes over the head.
- ❖ You may have a light or normal breakfast before the procedure but no caffeine.
- ❖ You may take your prescription medications (except for anticoagulants which should be stopped several days earlier as directed by Dr Imami).
- ❖ Arrive 30 minutes prior to your appointment for pre-op medications and photos.
- ❖ Be relaxed. The procedure is not hard on your system. We will do everything to make this a comfortable and pleasant experience.
- ❖ If prescribed, take Valium as directed. You will need a driver

Post Hair Transplant

- ❖ **After transplant, 1st Day:** Continue to mist scalp 5-10 times a day with spray bottle. Do not rub. Apply ice pack on your forehead about 5 mins for every two hours.
- ❖ **1st to 3rd Day:** Sleep with head elevated at a 20-30 degree angle (using 2 soft pillows) or in a recliner to prevent swelling.
- ❖ **2nd to 10th Day:** Shampoo gently, lightly patting the recipient area and lightly pouring water over the grafts. Avoid direct shower head pressure. Dry scalp by gently patting with towel. Avoid rubbing. You may gently massage donor area. Keep area dry and clean.
- ❖ **3rd to 5th Day:** Use spray bottle set on fine mist to moisten grafts areas every hour. No aspirin or alcohol products. Keep head above the level of your heart. Bend with your knees and don't bend over. Do not touch or manipulate your scalp. Be careful when wearing clothing; do not let clothing rub across your scalp.
- ❖ **10th to 14th Day:** Scabs and crusts will gradually come off. The crust may contain hairs. Don't be alarmed. This is normal. The root is still implanted.

Expectations

- ❖ **SWELLING:** This may develop over forehead, eyelids and even cheeks. This is normal and will resolve. When it occurs, it worsens over the first 3 days and then rapidly resolves. The swelling is soft to the touch. It is neither red nor hot. Ice packs to the forehead for 10 minutes, 4 times daily will help. **DO NOT ICE the Grafted Area.** Keep head slightly elevated.
- ❖ **SCABS:** Each hair graft will be covered with a small scab. It will fall within 14 days.
- ❖ **SHEDDING:** The short transplanted hairs will shed within the 1st month and remain dormant for about 12-20 weeks. When new hairs begin growing, hair density slowly increases over 1 year.
- ❖ **FOLLICULITIS:** When the transplanted hair start growing after 12 weeks, you may develop some "ingrown hairs". This comes in the form of a small "pimple" or "white head". You may help it subside by applying warm compresses or gently pressing it out with 2 Q-tips. **NEVER HESITATE TO CALL US WITH ANY QUESTIONS YOU MAY HAVE.**
- ❖ **SUN EXPOSURE:** Avoid sunburns or tanning in the grafted area for 12 months following the procedure. Use sun blocks or hats.
- ❖ **HAIR DRYER, HAIR GEL AND HAIR WAXES:** May resume 2 weeks after transplant
- ❖ **HAIR COLORING:** May resume after 6 weeks