

Hair Wash How-To

Washing your hair after surgery is VERY IMPORTANT and will help you heal quickly. Using a clean sponge or your fingertips, lather up using shampoo (any kind is fine) and gently pat the shampoo onto the scalp. DO NOT RUB the hair, just press the shampoo gently down onto the grafts. Once the scalp has a good amount of suds, use a cup and gently pour water on the scalp to rinse away the shampoo. Do not use the showerhead for the first 3 days. You can gently wash the suture line or donor area with shampoo as well. Washing your hair frequently will help prevent excess scabbing and will help you return to a normal appearance much faster.

Day 1	Day 2	Day 3	Day 4	Day 5
• Wash hair 3 times • Sleep upright at 45 degree angle • No exercise	• Wash hair 3 times • Sleep upright at 45 degree angle • No exercise	• Wash hair 3 times • Sleep upright at 45 degree angle • No exercise	• Wash hair normally • Begin to gently rub scabs in a circular motion with fingertips • No exercise	• Wash hair normally • Gently rub scabs in a circular motion with your fingertips • Very light exercise, no heavy lifting or cardio

Suture Removal 7 – 14 days

SUTURE REMOVAL:

Sutures will be removed between 7-14 days. Allow additional 24 hours of healing time after sutures have been removed. Avoid heavy lifting for 1 week after suture removal to help prevent stretching of the donor scar. Light cardio in moderation is OK.

When can I see new growth?

Most of the newly grafted hair will fall out when you rub off the scabs. Don't be alarmed! These hairs will go dormant for a few months to gather their own blood supply. New growth can be seen around 3 to 6 months and will continue for over a year. We will take photos at 6 and 12 months to monitor your progress.