



Post Operative Hair Instructions

NIGHT OF SURGERY:

- * Have someone else drive you home
- * Eat a good meal and take one Antibiotic Tablet (directions on packet)
- * Take Vicodin as needed for pain with food (directions on packet)
- * Sleep at a 45-degree angle (3-4 pillows or in a lounge chair) w/ a neck support.
- * If you have any bleeding, apply gauze and hold with pressure for 10 minutes. The donor area may drain a little apply Vaseline for healing.
- * NO strenuous activity, heavy lifting, or bending at the waist.
- * NO CAFFEINE, Alcohol, Vitamin E, Aspirin or Ibuprofen. (Tylenol is ok).

DAY 1- MORNING AFTER SURGERY

- * Eat a good meal and take 1 Antibiotic tablet in the morning.
- * Take Vicodin as needed for pain with food.
- * If scheduled, return for hair wash – Pat the grafts with lather either on hands or on a washcloth/sponge. NO sideways motions, ONLY up and down, and avoid direct showerhead spray. Take a cup with you into the shower and rinse by gently pouring water over the grafts. Gently pat dry with a towel or air dry. You may use a hair dryer on low and with no heat if necessary. DO NOT comb directly over the grafts OR the suture line.
- * Sleep at a 45-degree angle with a neck support.
- * Hats maybe worn if they do not touch the grafts (NOT a baseball cap or ski cap/beanie)

DAY 2 and DAY 3

- * Take medications as directed.
- * Wash hair daily (as described above)
- * Sleep at a 45-degree angle (3-4 pillows or in a lounge chair) w/ a neck support.

DAY 4 and 5

- * Take medications as directed, in the AM and PM.
- * Day 4 You can resume washing hair as normal. **Gently rub off the scabs-THIS IS VERY IMPORTANT!** Most of the hairs will fall out with the scabs, the rest will shed over the next few weeks. If some remain for over a month, do not be concerned. They will shed when they are ready
- * Do not resume full exercise or lifting until the sutures are removed. Even then, start slowly to avoid any stretching of the scar.

SUTURE REMOVAL:

Sutures will be removed between 10- 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.

You will start to see stubble in about 6 months. It will take a full year before all grafts have grown in...

IN CASE OF EMERGENCY: CALL THE OFFICE (925) 939-4763 or Dr. W's cell: (303) 596-1604