



Caring for Your Grafts (First 72 hours)

We will do the surgery, but your body must heal the wound. You can help in the healing process by following these post-operative instructions.

The grafts are most vulnerable in the first 72 hours. **Moist and clean grafts=Happy grafts!**

- Leave the bandages on overnight (you can take off the bandana at any time). It is okay to remove the bandages the next morning if you are not coming in for a hair wash – otherwise, let us remove them for you.
- We suggest that you wash your hair at least **3 times per day for the first 3 days after surgery** (more often if you want to). You can return to washing your hair once per day thereafter. Keeping the grafts moist helps with healing so misting the area with water or saline in a spray bottle works well too!
- To wash, use your hands or sponge and gently pat with warm lather from any shampoo. NO sideways motions or rubbing, ONLY pat gently up and down. Use a plastic cup to gently pour water to rinse the scalp (no direct shower spray). You may gently pat the grafts dry with a towel, let them air dry, or use a hair dryer set on low. Do not comb directly over the grafts.
- You can wash the suture line and the donor area normally. The area may be tender or sore. **It is normal to have minor pain for the first few days** and we will give you medication for it. Avoid the use of Neosporin since it can cause allergic rashes. Vaseline or Bacitracin is fine.
- Spot bleeding is common. If it occurs hold gauze firmly and directly on the bleeding site for 5 minutes or so. If it does not stop call us! (925-939-4763 or 303-596-1604 after hours). Avoid alcohol, ibuprofen/motrin, aspirin and caffeine (they make you bleed more).
- Avoid applying Rogaine where the grafts have been placed until any crusting is gone (Day 4+). It is okay to take Propecia at anytime throughout the whole process and in fact it is encouraged! You will need to sleep at a 45-degree angle (3-4 pillows or a lounge chair) for the first 3 nights.
- **It is normal to have swelling within the first few days.** We try to avoid this by having you sleep a little upright but sometimes it happens anyway. If you develop any swelling, it will start within the first 2-3 days and may take 2-3 days to resolve. It usually occurs on the forehead and sometimes around the eyes. It will not hurt the grafts. It is okay to put a cold pack on the forehead (NOT on grafts) but massaging the fluid out to the sides works well too.
- Wound infections are uncommon and usually are easy to treat if recognized early. Let us know immediately if you develop a fever, pus, or extreme pain. Don't be bashful about calling with what may be a minor problem.

A hair technician will perform both your hair wash and suture removal. All our staff are qualified to discuss the proper care for your grafts and what to expect. In cases of emergency please call the office at (925) 939-4763 or (303) 596-1604 on weekends/evenings.