



Hair Timeline

DAY & NIGHT OF SURGERY

Arrive on time and plan on being here the whole day. Most surgeries take anywhere from 4-8 hours. We will feed you lunch and you can choose from our list of movies or bring in a choice of your own. Many patients nap during the procedure as well. You will need to arrange a ride home. Plan to return for a hair wash and graft/donor area check the following day.

DAYS 1-3

This is when the grafts are most vulnerable and they need to be “babied” for the first 72 hours. Avoid smoking, alcohol, and caffeine and exercise. You will need to sleep at a 45 degree angle (3-4 pillows or a lounge chair) and PAT the grafts with soapy water (shampoo is best) to wash them for the first 3 days. Use a cup to gently rinse the scalp after shampooing. **It is normal to have minor pain and swelling for the first few days** and you will be given medication for the pain. If you develop any swelling, it will start within the first 2-3 days and take 2-3 days to resolve. **If swelling does occur**, an icepack may be applied to the forehead (alternate 20 minutes on and off). Be careful not to touch the grafts with the icepack.

WEEK 1

After the first three days, you can begin to wash your hair normally, but gently. At day 5, you may begin rubbing off the scabs that form around the transplanted hairs. **The scabs should be gone by the end of the first week, as well as any swelling that may have occurred.** If you have pinkness of the skin, it will be fading by this time. You may resume light exercise at this time but avoid heavy lifting and prolonged bending at the waist (see 2-3 weeks).

10-14 DAYS

The removal of your sutures happens usually at or about day 10. We will arrange this appointment for you on the date of your surgery OR your hair wash. Your six-month follow-up appointment will also be scheduled at your suture removal appointment. After your sutures have been removed, you can resume your normal hair routine including coloring, styling, and Rogaine.

2-3 WEEKS

If “shock loss” or “telogen effluvium” is to occur, it will begin at this time. Often, it is the shortest, newly transplanted hairs that will shed at this time in preparation for growing a new hair. It takes 21-25 days for the average donor scar to heal at 80%. If you are interested in the smallest scar possible, wait until the end of the third week to begin any weight training, heavy lifting or prolonged cardio.

6-9 MONTHS

At this time, new hairs will have started to grow in (Yippee!). Six-month photos are taken.

12 MONTHS

Full results! One-year follow-up