



Lam Facial Plastics Surgery Center

After Facial Hair Transplant Instructions

General

- The medication used during your surgery may still affect you for 24 hours following surgery causing sleepiness, dizziness, disorientation, nausea, vomiting, or skin discoloration of the treated area. If you should feel any of these symptoms, we recommend an adult companion to remain with you for 24 hours.
- Drink plenty of clear fluids. There are no dietary restrictions but you may begin eating light and return to normal diet as tolerated. Always take your prescribed medication with a snack or meal to prevent nausea. **Do not drink alcohol or take aspirin for 48 hours after your procedure or for as long as you are taking prescription pain medication.**
- Report any of the following to Dr. Lam:
 - Postoperative nausea or vomiting that is not controlled by anti-nausea medication
 - Pain that is unrelieved after taking the maximum dosage of your pain medication
 - Bleeding from surgical site that will not stop with gentle pressure applied for 5-10 minutes
 - A fever above 100.4 degrees within 7 days after your surgery
 - Signs of infection at the surgery site, such as increased redness, swelling or pain, yellow/green discharge, or site feeling warm to touch
 - A rash and/or itching anywhere on the body
 - Unable to pass urine within 8 hours of discharge
 - No bowel movement by end of day 3 following surgery
- **Call 911 for any swelling of the mouth, lips, or tongue that is making breathing difficult**

Post-Surgical Medications

- **Pain medication:** (optional) as needed, you may alternate prescription medication, Ibuprofen or Tylenol according to label instructions to optimize pain control.
- **Anti-swelling /Medrol Dose Pack:** (recommended) take as directed starting the morning **after** your procedure
- **Vitamin D 2000 units daily:** (recommended) this is over the counter and helps reduce scarring.
- **ATP solution:** (recommended) starting immediately after the surgery, spray on grafted area every hour while awake for the first 24 hours; and, thereafter, spray as frequent as possible until all solution is gone.
- **SurgiHEAL spray:** (recommended) starting the day after, apply to the donor and recipient area at night. Use clean hands.

Immediately After Leaving the Office

- **DO NOT DRIVE, OPERATE MACHINERY, MAKE IMPORTANT DECISIONS, OR SIGN IMPORTANT DOCUMENTS FOR 24 HOURS FOLLOWING SURGERY OR WHILE TAKING PRESCRIPTION PAIN MEDICATION**
- Sleep with your head elevated using two pillows for 2-3 days. Use a travel pillow for comfort. We expect some oozing from the donor area on the back of your head. We recommend that you protect your pillow with a dark towel.
- Start spraying grafted area with ATP solution.
- **Do not touch or wash your transplanted area for 24 hours.**

Day 1-7

- You may **wash** your face and transplanted the day after your procedure using your regular soap with a gentle hand motion **always in the direction of hair growth**. Dry your facial hair by dabbing the area with a towel (avoid rubbing). You will have tiny scabs that indicate healing around the transplanted hairs. They may temporarily make your facial hair look dark and stark. Please allow the scabs to fall away by themselves. Do not pick at them.
- You may also wash your hair using regular shampoo and conditioner with normal shower pressure and a gentle massage over the suture area with your fingers.
- Itching is a normal part of healing. Besides using it at night, you may apply SurgiHEAL spray (or coconut oil) to your scabs during the day, starting day 4-5. You may also use facial moisturizer as often as needed if your face feels dry. If you should experience intolerable itching, you may take over-the-counter allergy medicine such as Benadryl or Claritin.
- Remember to limit your activities for the first day after the surgery and thereafter resume light physical activities, light jogging, and light weightlifting for a week. **Avoid** pools and saunas for 2 months.
- You may notice swelling or light bruising around the transplanted area, which is normal and could last 3-5 days. **Do Not** apply ice or heat directly on transplanted hairs.
- Do NOT shave transplanted facial hair until day 8, however, if your donor hair is also beard hair (for example underneath the chin and/or neck), wet shave that specific area 2 days after the surgery in order to minimize scarring.

Day 8-15

- Resume normal shaving and hair-washing routine. Should you notice any scabbing left in your eyebrows 8 days after surgery, please stay longer under shower, massage them more vigorously by applying conditioner, and repeat the process until all scabs are gone.
- We will see you in the office and remove your stitches if applicable.
- Hair can be cut or colored after suture removal or 15 days after procedure.

After Several Weeks

- A slight redness or discoloration of the treated area is normal and it may persist for several weeks or months.
- Remember that your transplanted hairs will fall out within 2-4 weeks. These hairs grow back in 3-4 months.
- If you have any “pimple like bumps” on your recipient area, apply antibiotic ointment for 2-3 days. If the bumps persist, call our office.
- Don't take chances. If you have any questions or concerns, call our office at 972-312-8188.

Patient: _____ Date/Time: _____

Witness: _____ Date/Time: _____