

Lam Facial Plastic Surgery Center

Samuel. M. Lam, M.D. Office (972) 312-8188 after hours Answering service (214) 346-1388

AFTER HAIR TRANSPLANT INSTRUCTIONS

General

1. The medication used during your surgery may still affect you for 24 hours following surgery. Effects may be sleepiness, dizziness, disorientation, nausea, vomiting or skin discoloration of the treated area. If you should feel any of those symptoms, we recommend an adult companion to remain with you for 24 hours.
2. Drink plenty of clear fluids. You may begin eating light and return to a normal diet as tolerated. Always take your pain medication with a snack or meal to prevent nausea. **Do not drink alcohol for 48 hours post procedure or if you are taking prescribed pain medication.**
3. Report any of the following
 - Post-operative nausea or vomiting that is not controlled by anti-nausea medication
 - Pain that is not relieved after taking the maximum dosage of your pain medication
 - Bleeding from surgical site that will not stop with gentle pressure for 5 minutes
 - A fever above 100.4 degrees within 7 days following your surgery
 - Signs of infection at the surgery site, such as increased redness, swelling or pain, yellow/green drainage, 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 3 days following surgery
4. **Call 911 for any swelling of the mouth, lips, or tongue that is making breathing difficult**
5. **DO NOT DRIVE, OPERATE MACHINERY, MAKE IMPORTANT DECISIONS OR SIGN IMPORTANT DOCUMENTS FOR 24 HOURS FOLLOWING SURGERY OR WHILE TAKING PRESCRIPTION PAIN MEDICATION**

POST-SURGICAL MEDICATION

- **Anti-swelling medication: Medrol Dose Pack** Take as directed start the morning after your procedure.
- **Pain medication:** take Ibuprofen 400mg every 8 hours as needed for discomfort. You may also take Tylenol.
- **Do not take Aspirin** products for one (1) week following surgery.
- **Sleep medication:** may be taken to help you sleep after surgery. Take as directed.
- **ATP:** Spray on grafted every 1-2 hours while awake to keep the grafts moist for 2-3 days after surgery or until bottle is empty.

IMMEDIATELY AFTER LEAVING THE OFFICE

- **DO NOT DRIVE**
- There are no dietary restrictions however, avoid alcohol for 48 hours post procedure.
- Sleep with your head elevated using two pillows. We expect some oozing from the donor area (back of the head). We recommend that you protect your pillow with a dark towel.
- Call the office if you have any problems or questions
- Do not touch or wash your transplanted area for 24 Hours

DAY 1

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- Follow up in office with Dr. Lam. If you will be wearing a hat, please make sure it fits loosely so it is not rubbing on transplant areas and does not fit too tightly around the forehead make sure the hat is clean or purchase a new hat for wearing post procedure.
- Take all your medication as prescribed.
- Spray grafts with ATP every 1-2 hours until the solution is all gone.
- Remember to limit your activities for today.
- You may wash your hair but **wait till the evening**. Wash your hair gently, using regular shampoo and regular shower pressure. Dab your hair with a towel and finger comb your hair.
- Sleep with your head slightly elevated using two pillows.

DAY 2-7

- Take all your medication as prescribed.
- Wash your hair as instructed.
- 48 hours after your procedure apply RadiaPlex sparingly to your (stitches) and recipient site 2 times a day.
- Resume light physical activities, light jogging, light weightlifting. Avoid pools and saunas for **2 months**.
- Sleep with your head slightly elevated using two pillows use a travel pillow for comfort.
- You may start to notice swelling on the forehead. Apply ice on your forehead and/ or suture line. **Do NOT** apply ice directly on grafts.
- Hair products can be used 3 days after your procedure. You may brush your hair and use a blow dryer but must be careful not to “catch” scabs or stitches.

DAY 7 -10

- Resume normal physical activities.
- Resume normal hair washing routine. If you still have scabs, stay longer under the shower, use conditioner and massage the grafted area vigorously to help clean off the scabs.
- Resume using Minoxidil and/or low laser therapy hat.

DAY 14

- We will see you in the office and remove your stitches if applicable.
- Resume normal physical activities.
- Hair can be cut or colored after suture removal or 14 days after procedure.

- Remember you can have some temporary post-operative shedding this may last up to 4-6 weeks. These hairs grow back in 3-4 months.
- If you have any “pimple like bumps” on your recipient area, antibiotic ointment for 2-3 days. If these bumps persist contact our office.
- Don’t take chances, if you have any concerns or questions please call our office.

Patient Signature _____ Witness Signature _____ Date _____