

After Hair Transplant Instructions

General

1. Most patients experience minimal or no discomfort. If you should have some mild discomfort, Tylenol is generally sufficient to ease the discomfort. You can be given a prescription for a small amount of stronger medication, but most patients find it unnecessary to take these. Significant pain or discomfort is very unusual and should be reported to our office.
2. Remember to avoid aspirin, herbal medications, vitamins, tobacco, and alcohol as prescribed in the preoperative instruction sheet.
3. If you feel discomfort in your donor area (in the back of your head), apply ice packs 20 minutes on and then 20 minutes off while awake for the first 2 days as needed.
4. Avoid any strenuous activity for a minimum of one week. Always listen to your body and do not over exert yourself. Gradually return to your exercise regimen. If you do not feel up to it, wait until you feel ready to return to your normal exercise routine.
5. Be careful combing your hair for the first week, trying not to catch the comb on any of the scabs (in the transplanted area) or the suture (located along the donor site in the back and/or sides of the head).
6. You may use hair styling products 3 days after the surgery (please use them conservatively) and cut or color your hair *at the earliest* 2 weeks after surgery.

Swelling

1. Sleep sitting up (at a 45 degree angle) for the first 3 to 4 nights. An adjustable "Lazy Boy" recliner would be ideal. If not available, then sleeping with a couple of pillows will serve as a second-best alternative.
2. Apply ice on the forehead (**never directly on the transplanted area**) for 20 minutes on and 20 minutes off while awake for the first 2 days. Thereafter, further application of ice will not be of benefit. NEVER apply any hot packs near the transplanted area so as to avoid risk of a burn injury.
3. Swelling is a normal part of healing. It typically worsens after 2 to 3 days and then quickly subsides. Swelling will not adversely affect your hair growth.

Bleeding

1. If you should notice any bleeding, apply pressure with a gauze for 3 minutes without interruption. This action should slow down or arrest any further bleeding.
2. We expect some oozing from the donor area (back of the head) for the first day. We recommend that you protect your pillow with a dark towel to avoid soilage.

The Lam Institute for Hair Restoration
Samuel. M. Lam, M.D., F.A.C.S.

Washing Your Hair

1. Do not wash your hair or touch the transplanted area for the first 24 hours.
2. Thereafter for the first week, you may wash your hair daily, gently massaging your hair with your fingers using regular shampoo and gentle/normal shower pressure.
3. The day following your surgery, before you go to sleep, apply Vitamin E oil generously on both grafted and sutured areas. Make sure you wash the oil off the next morning. Repeat the process for one week, i.e., apply Vitamin E oil at night and wash your hair the following morning.

Scabbing

1. You will have tiny scabs that indicate healing around the transplanted hair. Please allow the scabs to fall away by themselves. **DO NOT PICK AT THEM.**
2. **You may cease using Vitamin E oil and return to your normal hair washing routine after one week.** You should not notice any scabbing left approximately 10 days after surgery.

Rogaine and Propecia

1. It takes a minimum of 3 months before you begin to notice hair growth in the transplanted areas. You may notice some temporary hair loss in the transplanted areas, typically 6 to 12 weeks after surgery. Do not worry: these "shocked" hairs will return. Use of Rogaine and/or Propecia will help minimize this temporary shedding and will also help reduce future hair loss and strengthen post-transplanted hair.
2. **Propecia** can be taken before, during, and after surgery. However, **Rogaine** must be stopped 2 days before until 7 days after surgery. At times, Rogaine may cause some scalp irritation, especially after surgery. If this should happen, you should wait and resume Rogaine at a later time.

DO NOT TAKE ANY CHANCES – If you have any questions or concerns, please contact us immediately. During office hours (M-F 9AM to 5 PM) call **972-312-8188**. After hours, call Dr Lam's cell **972-841-5508**.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health. You may be assured of our best efforts to achieve the most satisfactory surgical result possible for your particular individual anatomy and condition.