

Lam Facial Plastic Surgery Center

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

POST FACIAL HAIR TRANSPLANT INSTRUCTIONS

The medication used during your surgery may still affect you for 24 hours or more following surgery. If you should feel sleepiness, dizziness, disorientation, nausea or vomiting we recommend an adult companion to remain with you for 24 hours. Drink plenty of clear fluids and return to a normal diet as tolerated. **Do not drink alcohol for 48 hours post procedure or if you are taking prescribed pain medication.**

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

Call 911 for any swelling of the mouth, lips, or tongue that is making breathing difficult

DO NOT DRIVE immediately after leaving the office. Do not make important decisions or sign important documents for 24 hours following surgery.

IMMEDIATELY AFTER SURGERY

- Start your **Anti-swelling medication** immediately after your procedure, and thereafter take as directed.
- **Pain and sleeping medication:** take as needed. You may also take Tylenol but **Do not take Aspirin**
- **ATP solution:** 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.
- **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. Sleep elevated for 2-3 nights.
- **Do not touch or wash your transplanted area.**

DAY 1 -7

- You may wash your facial hair in the morning using regular soap and gentle hand motion **always in the direction of growth**. Dry your facial hair by gently dabbing the area with a towel (avoid rubbing). You will have tiny scabs that indicate healing around the transplanted area. Please allow the scabs to fall away by themselves. Do not pick at them. You may apply coconut oil at night to your scabs to soften them, starting on the 3rd night. You may also use facial moisturizer as often as needed if your face feels dry. Itching is normal part of healing, but if you should experience intolerable itching you may take over the counter allergy medication such as Benadryl or Claritin.
- Spray grafts with ATP every 1-2 hours until the solution is all gone. Take medication as directed. Follow up in office with Dr. Lam.
- In the evening, you may wash your hair using regular shampoo and conditioner, gentle / normal shower pressure and gentle, always gently massaging suture area with your fingers.
- Remember to limit your activities for the first day and thereafter resume light physical activities, light jogging, and light weightlifting. Avoid pools and saunas for **2 months**.
- You may start to notice swelling around your eyes. It is normal and it may last 3-5 days. Do not apply ice or heat directly on transplanted hairs.

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DAY 7 - 14

- Return to your normal hair washing routine. **SHOULD YOU NOTICE ANY SCABBING LEFT 8 DAYS AFTER SURGERY PLEASE WASH YOUR HAIR MORE VIGOROUSLY (APPLY CONDITIONER AND MASSAGE SCABS UNTIL THEY COME OFF) ALLOWING WATER TO WASH OF THE REMAINING SCABS.**
- We will see you in the office and remove your stitches.
- Hair can be cut or colored after suture removal or 14 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 would 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, 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 _____