

# 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

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

- Follow up in office with Dr. Lam. Do not wash or touch transplanted area for first 24 hours. 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.
- After 24 hours you may wash your beard/grafts twice daily, gently massaging your hair with your fingers using regular shampoo and conditioner, gentle /normal shower pressure and gentle hand motion **always in the direction of growth**. Dry your beard by gently dapping the area with a towel (avoid rubbing) Sleep with your head slightly elevated using two pillows

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## DAY 2-7

- Take all your medication as prescribed.
- Wash your beard 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, and 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. No ice to the grafts or heat.

## DAY 7 -10

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. If you should experience intolerable itching you may take over the counter allergy medication such as Benadryl or Claritin.

**YOU MAY RETURN TO YOUR NORMAL HAIR WASHING ROUTINE AFTER ONE WEEK. SHOULD YOU NOTICE ANY SCABBING LEFT AFTER 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.**

## DAY 14

- We will see you in the office and remove your stitches.
- 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 \_\_\_\_\_