

HAIR RESTORATION INSTRUCTIONS

You will need to purchase: Antibiotic ointment (Bacitracin or Polysporin), ice packs or frozen peas, Q-tips, cotton balls, hydrogen peroxide, plus prescriptions.

Six weeks before surgery: *We expect you to stop smoking at this time. Smoking will increase the risk of skin loss around the incision sites.*

Two weeks before surgery: All aspirin and aspirin-like products (ibuprofen) need to be discontinued unless your medical doctor requires you to take it. (See list of aspirin and aspirin-like products.) Please tell Dr. Sidle if you are on one of these medications and cannot stop.

One week before surgery:

1. If exercising, cut down your exercise program and avoid exercise **COMPLETELY** three (3) days prior to the procedure.
2. Discontinue Rogaine if you use it.

One day before surgery:

1. No alcoholic beverages.
2. If you are having sedation, **NOTHING TO EAT OR DRINK AFTER MIDNIGHT. You will need someone available to accompany your home.**
3. Wash your hair well. If you have long hair, shampoo and put conditioner in your hair.

Morning of surgery:

1. Shampoo your hair. If you have long hair, put conditioner on your hair. **DO NOT USE** hair spray, gel, or mousse. The only hair care product is the conditioner if you have long hair.
2. Wear loose fitting clothing. Nothing that needs to be pulled over your head.
3. If you are having LOCAL ANESTHESIA, you may eat and drink two (2) hours prior to the procedure.
4. Bring an iPod or other music device with headphones if you desire. Patients can often listen to their own devices during the procedure.
5. If you have a bandana, scarf or loose ball cap, bring it to the surgery. This may be used afterward for your trip home.

After surgery:

1. Eat as usual. Drink plenty of fluids, but **NO ALCOHOL.**

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2. Elevate your head, by using an 2-3 pillows while sleeping for the next two days. This will help reduce the swelling and discomfort. Keep your head above your chest at all times. A reclining chair may be a good option.
3. Spray your scalp every 2 hours while awake with the bottle provided you at the end of your procedure. Refill the bottle with tap water and continue spraying your scalp for three days. This is to keep grafts moist. I do not want the grafts to dry out in the first 3 days.
4. Swelling may occur in 2-3 days. If this happens, place an ice pack (frozen peas) on the swollen area for twenty (20) minutes, three (3) times a day. Swelling may occur around the eyes. This is normal and causes no harm to the eyes. If unusual swelling persists beyond three days, please call the office.
5. Take the pain medication every 4-6 hours, if needed. Always take narcotic pain medicine with food to decrease nausea. If you have no pain, do not take the pain medication. For minimal pain use Extra Strength Tylenol **ONLY. DO NOT** take any aspirin or aspirin-like products.
6. After surgery, dressings may or may not be used.
 - If dressings are used you will either:
 - a. return to the office the day after surgery and I will remove the dressing and clean your hair **or**
 - b. you may remove the dressing at home on the second day after surgery
7. Washing your hair:
 - a. On the second day after surgery, you may **very gently** shampoo your scalp in the shower, using a fine stream of lukewarm water.
 - b. On the third after surgery, you can shampoo and style your hair. You may use a blow dryer and hair spray if you wish.
8. No strenuous exercising or swimming for seven (7) days.
9. With your grafts, tiny scabs form over each graft. They will loosen and fall off after 10-15 days along with the short hair attached to the scab. **DO NOT pick or scratch them off.** It will interfere with the natural healing. However, if they are not gone by the 10th day, shampoo twice, leaving the shampoo on a few minutes to soak and soften the scabs.
10. If you are currently using Rogaine, please wait five (5) days after surgery before applying it again.
11. It is OK to continue using Propecia before, during and after the procedure.
12. Suture/Clip removal is in 10 days. This is the first post-op appointment. An appointment may be scheduled sooner if you feel you need to be seen sooner.
13. It is OK to wear a loose fitting scarf or baseball cap on the scalp when you go out after the 3rd day. Try not to let it scrape, rub or stick to the grafts.

Please do not hesitate to call Dr. Sidle if you have any questions or concerns.

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