

HAIR TRANSPLANT POST OP INSTRUCTIONS

You will need to purchase: Antibiotic ointment (Bacitracin or Polysporin), ice packs or frozen peas, Q-tips, Baby shampoo, Hydrogen peroxide and prescriptions.

Recommended Prescriptions:

Prescriptions (will be called into your pharmacy):

1. Pain medication, Norco 5/325 mg (hydrocodone/Tylenol) OR Over the Counter Tylenol but not BOTH at the same time
2. Oral Antibiotic, Keflex (cephalexin) if no allergies to Penicillin or Cephalosporins, if allergies, then will prescribe Cleocin (clindamycin) or another alternative
3. Medrol Dose Pack, oral steroid pack, to help reduce facial/scalp swelling

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

One week before surgery:

1. Discontinue Rogaine if you use it.

One day before surgery:

1. No alcoholic beverages.
2. If you are having IV sedation, **NOTHING TO EAT OR DRINK AFTER 6 HOURS PRIOR TO PROCEDURE. You will need someone available to accompany you home, if you are using IV Sedation. If you proceed with Local Anesthesia only OR Oral Sedation only—then you may take a taxi home.**
3. Wash your hair well. If you have long hair, shampoo and put conditioner in your hair.

Morning of surgery:

1. **Take your oral antibiotic with a sip of water on the morning of the procedure—just enough water to swallow the capsule.**
2. Shampoo your hair. If you have long hair, put conditioner on your hair—ok to use conditioner. **DO NOT USE** hair spray, gel, or mousse. The only hair care product is the conditioner if you have long hair.
3. Wear loose fitting clothing. Nothing that needs to be pulled over your head.
4. Bring an iPod or other music device with headphones if you desire. Patients can often listen to their own devices during the procedure.

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5. Bring a snack with you for later such as a protein bar and a bottle of water or a drink of your choice.
6. 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**.
2. Elevate you head, by using 2-3 pillows while sleeping for the next 2-3 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. To also help with swelling and encourage good healing-a low sodium high protein diet for the first 1-2 weeks.
4. Spray your scalp every 2 hours while awake with the bottle provided you at the end of your procedure (you will go home with a spray bottle from the office filled with sterile saline). Refill the bottle with tap water and continue spraying your scalp for three days. This is to keep grafts moist. Do **NOT** let the grafts dry out in the first 3 days.
5. Swelling may occur during the first 2-3 days. If this happens, place an ice pack (frozen peas) on the swollen area (back of head, forehead, eyes) for twenty (20) minutes and then remove for 20 minutes, three (3) times a day. Do not place ice directly on the graft sites. 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.
6. 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.
7. Washing your hair: Use a gentle shampoo—such as Johnson & Johnson baby shampoo
 - 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 from the donor site will be scheduled at approximately 10 days. This is the first post-op appointment. An appointment may be scheduled sooner if you feel you need to be seen sooner.

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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.

Care for the donor site (typically located on the back of the head or on the side of head):

1. Please keep the incision dry for the first 2 days.
2. After 2 days-you may wash in the shower and use your fingertips to gently wash the incision. Please pat the incision dry after the shower—do not rub the incision. A small amount of oozing from the incision is normal especially for the first 24 hours. The first night-you may want to place a towel on your pillow for any oozing that occurs the first 24 hours.
3. Please apply antibiotic ointment (Bacitracin or double or triple antibiotic ointment) to the incision 2-3 times a day to keep moist. If there is dried blood along the incision-then use hydrogen peroxide to gently dissolve the dried blood in the shower or with a moistened q-tip in a rolling motion along the incision. Continue this application until you return to the office.
4. The sutures or clips will be removed in the office after 12-14 days.

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

Dr. Douglas Sidle: Contact Information

Office#: 312-695-8182

Cell#: 773-220-4972 (PLEASE use if after hours or during weekend)**