

South Louisiana

Ear, Nose, Throat & Facial Plastics

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POSTOPERATIVE CARE OF HAIR RESTORATION SURGERY

WEEK 1

We will remove your dressing the morning after your surgery. In some instances we will replace your dressing with a new dressing. You should remove the new dressing later in the day at noon. Removal is best accomplished by allowing lukewarm water to saturate dressing in shower.

DO: Gently remove gauze and tape from hair.

DO: Shower with lukewarm water and allow it to run through your hair and over scalp. Do not use shampoo the first night. Gently pat scalp with balls of fingertips.

DO: Use gauze pads or Q-tips to gently apply witch hazel to graft sites and to the sutured area on the back of your head 4-6 times a day until all scabs and crusts are gone.

DO: Use a Q-tip and apply witch hazel 6 times a day if you have staples in the middle of the top of your head. (Hairline Advancement/Scalp reduction Patients)

DO: Tomorrow (two days after your surgery) start shampooing your hair twice a day with baby shampoo - gently pat fingertips to remove any crust.

DO: Sleep on your back, with the head of your bed elevated, for 2 weeks. Sleep with head elevated 30 to 40 degrees. (Use pillows, a wedge cushion or a recliner.) Sleep on your back, not on your side or stomach.

DO NOT: Blow dry your hair unless it is on a cool setting.

DO NOT: Bend over at the waist to pick up objects; instead squat down to lift light objects.

DO NOT: Perform heavy exercise for 2 weeks.

WEEK 2

DO: Continue to shampoo twice daily with baby shampoo and use witch hazel 4-6 times daily until all crusting has gone.

DO: Sleep on your back with the head of the bed elevated for 1 more week.

- DO:** Continue to comb hair with a clean wide-tooth comb, not a brush.
- DO:** Restrict exercise for 1 more week. Brisk walking can be done at this time, but do not do heavy exercising until the end of the second week.

REMEMBER:

1. As you clean your hair you may see small fragments of hair come off along with the scabs. This is only the upper part of the hair shaft, and is not the living bulb of the follicle which is still buried deeper under the skin.
2. After about 7-10 days all of the scabs will fall off, leaving only a short razor stubble of hair visible. This hair will usually remain dormant, will not grow and will fall out about 4 weeks post-op. The hair will be in a resting phase for approximately 3 months post-op and the new hair will begin to grow about 3 months after your surgery. Initially the hair will be very fine, but as the hair grows longer, it will become similar to the hair texture and color in the donor area (where the hair was taken from). Within 5-6 months post-op, you will have hair that is long enough to style and comb.

REPORT TO THE CLINIC IF ANY:

1. Temperature Elevations
2. Sudden Swelling or Discoloration
3. Excessive bleeding.
4. Discoloration from the wound edges or other evidence of infection.
5. Development of any Drug Reaction.

FINALLY, CALL IF YOU HAVE ANY QUESTIONS.

Telephone 985-327-5905