



FUE POST OP CARE AND SHAMPOO

The FIRST night post you will go home, eat something and then take your pain medication as prescribed by Dr. Guillot. You do not need to do anything but watch TV, or rest. If you decide to sleep, then use two pillows to elevate your head above your heart. This will help to reduce swelling. Also try to sleep on your back and place a blue pad on top of your pillow to catch any oozing from the donor area. If you see any bleeding in the recipient area, this can be controlled by placing a gauze with the flat of your hand and gently to the area. Hold that for two minutes, then throw the gauze away. Go on to the next day...

SHAMPOO

You will wait 24 hours before you shower or washing your grafted area. It is imperative that you follow the strict shampoo regimen that we designed. It will provide the grafts an optimal chance of survival.

You will get into the shower with a lukewarm temperature. Wash your hair standing upright in the shower, but do not use the showerhead. The first week you can use a cup to pour water onto your scalp or use your hand to block the showerhead and trickle water onto your scalp. Lather shampoo in your hand regular shampoos are fine; avoid medicated shampoos and those with built-in conditioners, for the first week. If you take baths, do not dunk your head under water. Use a cup.

Gently pat the lather onto the grafted area. Do not rub or scrub. Let the shampoo sit on the grafts for 3-5 minutes. During this time you may apply shampoo to the donor area by massaging in small circular motions. Rinse suds using the lukewarm water from a cup or trickle water from your hand blocking the shower head. Be sure to rinse thoroughly and carefully. Air dry or gently pat hair dry with a towel. Do not rub grafts to dry them. No hair dryers should be used.

This is what you need to do for 7 days. On the 8th day and not earlier, you will need to change technique.

Starting 8 days after surgery: You may begin using warmer water. You also may use the shower head to rinse the scalp. At this time you may begin to help loosen the scabs that have formed around the grafts. After 5 days the grafts are healed in so do not worry about knocking them out, however it is time to get the scabs off. Do not use finger nails to pick off the scabs, as this may result in scarring. Simply use the pads of your fingers to gently massage the soft scabs while



Shampooing. The longer you hydrate the scabs in the shower, the easier it will be to rub them off. You will begin day by day getting more aggressive with the grafts.

It is important to shampoo every day until all the scabs have fallen off. Once all the scabs are gone (10-14 days), you may resume your normal shampooing routine. This also is imperative. **DO NOT BABY THESE GRAFTS ANY LONGER. WE NEED YOU TO SCRUB YOUR SCALP NORMALLY.**

MINOXIDIL OR ROGAINE® FOAM

Some studies indicate that use of Minoxidil or Rogaine Foam in conjunction with finasteride following surgery, may improve the growth of the grafts. We suggest using a 2%-5% Minoxidil preparation or foam once a day after the grafts have healed. If any irritation occurs stop the medication and call us.

EXERCISE , ACTIVITY, AND MISCELLANEOUS

It is important that you avoid exercise activities and sports for five days. Too much activity could cause swelling, bleeding and loss of grafts merely by increasing your blood pressure.

After 7 days and there are no signs of lingering healing, then you will go back to normal exercise.

Sleep with your head slightly elevated (two to three pillows) for three nights after surgery to prevent bleeding and swelling.

Bend at the knees instead of the waist when picking up objects. Do not bend your head over.

Be careful not to bump your head. Your head will be numb. Some have a tendency to bump their head when getting in and out of the car. Or a child might want to play with you, however you will have to restrain from sudden activity for 3 days.

Avoid direct sunlight that could cause a sunburn for at least 3 months. Cover your scalp with a hat or use a spray sun block when you are in direct sunlight.

You may resume your regular personal activities, however if you smoke cigarettes; You need to consider cutting back or stopping completely. The nicotine causes a constriction of capillaries that feed the hair follicles. This alone can decrease a yield.



HAIR COLORING

Hair coloring should be taken care of prior to surgery. If not, you must wait 2 months after surgery to do any hair coloring. Try to use dyes that do not contain ammonia.

ATTIRE AFTER SURGERY

Wear a button down shirt for 5 days after surgery. Do not wear a shirt you have to pull on over your head as bumping the new grafts may cause them to loosen.

If wearing a baseball cap, carefully place the bill of the hat on your forehead, and then pull back down. To remove your hat, carefully lift the back of the hat up and off first. Remember to wear loose fitting hats. **DO NOT USE KNIT HATS AFTER SURGERY. THEY COULD PULL GRAFTS OUT.**

BLEEDING

It is normal to bleed slightly overnight from the donor area. To protect bed linens, we provide you with two blue/white under pads. Position the pad white side up on your pillow for the first two nights after surgery. (Hotels appreciate it if you use these pads on their pillows.)

If slight bleeding occurs in the donor or recipient area, apply firm pressure with the palm of your hand using the gauze provided. Hold pressure for a full 4 minutes without pause, and the bleeding should stop.

If bleeding persists call us.

PIMPLES

In FUE, you may (not often) get pimples in both the recipient and the donor area. The donor area pimples may start within days. If it occurs in is a trapped hair that is pushing through the skin. If it is just a few pimples use a warm soaked wash cloth a few times a day to relax the pimple so the hair will come through.

If you get pimples in the recipient area they may come now or at three months post when the grafts begin to grow. The same as above applies if it is less than 7-10 pimples.

IN BOTH DONOR and RECIPIENT area if you have many pimples you need to call us because we might prescribe a medication