

POST-OPERATIVE INSTRUCTIONS

<p>MEDICATIONS</p>	<p>Prednisone is given to control swelling. Take 5 pills the 1st day after surgery and keep following till 1 for 5th day.</p> <p>Tetracycline is given to reduce the risk of infection. Take 2 capsules a day. Take 1 capsule an hour before breakfast and 1 more before going to sleep. Do not take it with milk products. Infections are extremely rare in hair transplant surgery.</p> <p>Motrin is given to reduce minor discomfort. Take 1 tablet every 4 hours as needed with 1 tbl spoon of Maalox if you have minor gastric burning.</p> <p>You will be given prescription for Tylenol with codeine if the Motrin is insufficient.</p>
<p>THINGS TO BE AVOIDED</p>	<p>Do not take any aspirin or any medicine containing aspirin for 2 days following the procedure.</p> <p>Do not consume any alcoholic beverages for at least 2 days following the procedure.</p> <p>You will have a headband after surgery. This is to reduce swelling. Remove the bandage before going to bed.</p>
<p>IMMEDIATE CARE AND SWELLING/ BLEEDING</p>	<p>In order to avoid swelling around the eyes, lie back as much as possible during the first day and keep a cold compress to the forehead, as constantly as can be tolerated.</p> <p>On the second day, switch to a warm compress. Take a moist towel and put it in the microwave and use it as a hot towel for 3 days, again as constantly as can be tolerated. After 3 days if you still have swelling, continue with a warm compress until it disappears.</p> <p>Also begin spraying head with saline spray. Spray 8 times each day until the bottle is finished.</p> <p>Swelling may occur in the area from the forehead to around the eyes. It is normal and harmless. If swelling does occur, it usually begins two to four days after the date of surgery. In some unusual cases it may last up to a week.</p> <p>In case of any bleeding, do not panic. Moisten gauze with saline spray and apply pressure to the bleeding area for a minimum of 15 minutes.</p>
<p>SLEEPING</p>	<p>Try to keep direct pressure off the sutured area on the back of your scalp for the first few nights. As you may still experience some bleeding, the following is suggested:</p> <ul style="list-style-type: none"> • Put an old, clean pillowcase on your pillow as it may become stained. • Roll an old towel and place it under your neck to keep your head elevated and to help relieve pressure off the sutured area.

LOSS OF SCALP SENSATION	Some loss of feeling and numbness may occur in the treated area. This may last for up to six months to a year after the procedure.
BATHING/ SHOWERING/ SHAMPOOING	<p>You may take a bath or shower on the second day (next day after surgery) but you should keep your scalp dry. If you are not experiencing any bleeding, you may shampoo your hair on the third day (2 days after surgery). If you are, wait one more day. Follow these tips while shampooing your hair:</p> <ul style="list-style-type: none"> • Take a warm shower twice a day for approx. 15 minutes or more. • For the first day, use a washcloth and lather it with shampoo. Take it and place it on top of your grafts. Rinse by applying shower over the washcloth. • Also, allow shower to wash the suture line by bending head forward and gently scrubbing with your fingertips. • After 3 days, use your fingertips and gently scrub the graft site while showering. • Use a soft brush and gently scrub the graft and donor site when showering, making sure to scrub off all scabs.
ACTIVITY RESTRICTIONS	<p>To reduce the chance of swelling or bleeding, lie back as much as possible for the first day.</p> <p>Refrain from any strenuous physical exercise for at least 1 week. Any activity that can raise your blood pressure can induce bleeding. In case of bleeding, use some sponges and wet them with the copper peptide spray and hold pressure on that spot for 5 minutes.</p> <p>Avoid prolonged exposure of the scalp to the sun for 6 weeks. Wear a cap on beach.</p>
PATIENCE	<p>You will begin to see new growth in about 12 weeks after the procedure (in most cases). After 6 months you can be reevaluated because the transplanted hair should be approximately a ½ inch long.</p> <p>Remember, you are creating new tissue structures and growth takes time. Your new hair will appear gradually, slowly improving your appearance.</p>
EMERGENCY	<p>In case of an emergency you can contact Angela Schwinning at: Cell: (908) 380-5080 Office: (908) 222-0700</p>