

## HAIR TRANSPLANT POSTOPERATIVE INSTRUCTIONS

The only dressing you need after hair transplant grafting is a clean ball cap whenever you are outdoors for the first week.

You may *gently* wash your hair adjacent to the transplanted areas after 2 days. (You may get the transplanted area *briefly* wet in the shower, but do not scrub there.) The sutured donor site can be washed after the second day as well. Blow dry your hair on a “warm” setting after washing. After 5 days you may freely wash your entire scalp, including the transplanted area. Otherwise keep your scalp dry (i.e. no swimming) for 10 days.

In the event one or more of your grafts become dislodged, DO NOT PANIC. Simply apply direct pressure to the affected grafts with a wet compress for 5 to 10 minutes. This will usually remedy the situation.

Some swelling and bruising of the forehead, brow, and even eyelids can and may occur. This is normal. You may apply ice compresses to the affected areas 30 to 40 minutes per hour for the first day or two if desired.

Take any medications prescribed to you as directed.

Keep all postoperative follow-up appointments that we schedule for you. The sutures at the donor site will be removed after six to seven days.

Discontinue all strenuous activities such as running and weight lifting for at least 10 days.

The transplanted grafts will initially look elevated, like “goose bumps”. This appearance will flatten after several days. Expect the hair in the transplanted follicles to fall out after several days to weeks—this is expected. The new hair will start to regrow after 3 to 4 months. Most, but not all, of the grafts should survive. Initially the new hair will be fine textured but will thicken over time. Additional grafting can be performed once the new hair growth is established.

If you have any questions or concerns, call us at 785-309-0900 during working hours or call the answering service at 785-827-4433 after working hours.