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Pre & Post Care Instructions for Hair Transplant Surgery

To ensure the best results and a smooth recovery, please review the following **pre-treatment, treatment expectations, and post-treatment** care guidelines.

How to Prepare for Your Hair Transplant Treatment:

1. Avoid Blood Thinners:

- Refrain from taking aspirin, ibuprofen (Advil, Motrin), naproxen, or other NSAIDs for at least **5-7 days** before your procedure unless prescribed by a doctor.
- Avoid supplements like fish oil, vitamin E, garlic, ginseng, and ginkgo biloba, as they may increase bleeding.
- If needed, Tylenol (acetaminophen) can be used as an alternative.

2. Avoid Caffeine, Alcohol & Smoking:

- Refrain from alcohol and caffeine consumption and smoking **at least 48 hours** before the procedure, as they can impair healing and increase the risk of complications.

3. Stay Hydrated & Eat a Healthy Meal:

- Drink plenty of water and eat a well-balanced meal before your procedure to maintain stable blood sugar levels.

4. Wash Your Hair:

- Shower and wash your hair with a mild shampoo on the morning of your procedure. Do not apply any hair products (gel, hairspray, mousse, etc.).

5. Wear Comfortable Clothing:

- Wear a loose-fitting, button-up or zip-up shirt to avoid pulling anything over your head after the procedure.

6. Arrange Transportation:

- If sedation or medication is used, arrange for someone to drive you home after the procedure.

What to Expect During Your Hair Transplant Treatment:

1. Preparation & Numbing:

- Your scalp will be cleaned, and a local anesthetic will be administered to numb the treatment area.

2. Follicle Extraction & Implantation:

- The hair follicles will be carefully extracted from the donor area (usually the back or sides of your head).
- The follicles will then be implanted into the thinning or bald areas based on the agreed-upon treatment plan.

3. Procedure Duration:

- The procedure can take **4–8 hours** depending on the number of grafts being transplanted.

4. Mild Discomfort & Swelling:

- You may experience mild discomfort or tightness in the scalp, which is normal and temporary.
- Some swelling may occur in the forehead or around the eyes in the first few days.

Post-Treatment Instructions:

Immediate Aftercare (First 24–48 Hours):

1. Protect the Transplanted Area:

- Avoid touching, scratching, or rubbing the treated area.
- Sleep with your head slightly elevated using 2–3 pillows to reduce swelling.

2. Limit Physical Activity:

- Avoid bending over, lifting heavy objects, or engaging in strenuous activities for **at least 7 days**.

3. No Alcohol, Smoking, or Blood Thinners:

- Avoid alcohol, smoking, and NSAIDs for **at least 3–5 days** after the procedure to promote healing.

4. **Pain Management:**

- If needed, take prescribed or recommended pain relievers as directed.

Hair Washing & Care (After 48 Hours):

1. **Gentle Washing:**

- Your provider will give you specific instructions on when and how to wash your hair. Typically, you can **gently** rinse the scalp after **48 hours** using a mild shampoo. Do not rub or use high-pressure water.

2. **Avoid Direct Sun Exposure & Heat:**

- Stay out of the sun, saunas, and hot showers for at least **2 weeks**, as heat can increase swelling and irritation.

3. **No Hats, Helmets, or Tight Headwear:**

- Avoid wearing hats, helmets, or anything tight on your head for **at least 1 week** to prevent disrupting the healing process.

Day 10: Start Gently Scrubbing the Grafted Area

- Begin **gently scrubbing the grafted area** using **baby shampoo** and lukewarm water.
- Use **light circular motions** with your fingertips to help loosen any dried scabs, but do not apply excessive pressure.
- Continue **rinsing thoroughly** to ensure the area remains clean and free from debris.
- Avoid **scratching, picking, or using nails** on the transplanted area.

Day 14: All Scabs Should Be Scrubbed Off

- By **Day 14, all scabs should be removed** through gentle washing and massaging of the scalp.
- Apply baby shampoo and **gently but firmly** scrub the area in circular motions with your fingertips to remove any remaining scabs.
- Do not use force, but ensure all scabs are removed, as keeping them longer may impact healing and hair growth.
- If any scabs remain, continue gentle scrubbing **twice daily** until they are fully gone.

Long-Term Care & Recovery:

1. **Hair Shedding Is Normal:**

- Expect some transplanted hairs to shed within **2–4 weeks**—this is part of the natural growth cycle. New growth will begin in **3–6 months**, with full results visible after **12–18 months**.

2. Follow-Up Appointments:

- Attend all scheduled follow-up visits to monitor progress and address any concerns.

3. Be Patient:

- Hair growth takes time—consistency in aftercare will help ensure the best possible outcome.

Follow-Up Care & Contact Information:

*For any questions or concerns, please **contact us at (949) 919-3834**.*