

# Your FUE Hair Restoration Treatment

## What to Expect

- ✓ FUE (Follicular Unit Extraction) hair transplant is a minimally invasive outpatient procedure in which follicular unit grafts, consisting of a small number of hair follicles, are individually removed from the genetically stronger areas of your scalp (the “donor” areas) and artistically restored to your thinning areas (the “recipient” areas)
- ✓ On the day of treatment, the donor area will be shaved down to the skin level.
- ✓ You may experience swelling; it normally appears on the second or third day after your surgery, and usually disappears within 5 to 7 days.
- ✓ Scabs will form over the transplant sites within the first few hours after the procedure. They will naturally fall off in the first couple of weeks. Do NOT pick or scratch as that may endanger the healing of the graft and could cause scarring or infection.
- ✓ Don't be alarmed if there are short hairs in scabs when they fall off. The hair bulb remains inside the skin; it is natural to lose the hair shaft.
- ✓ You must discontinue use of Rogaine 5% foam or other topical agents for 1 month following the procedure. You may continue oral Propecia or Avodart.

## The Day of Your Procedure

- ✓ Do NOT wash your hair.
- ✓ Eat a large, healthy breakfast to help prevent stomach upset from medications.
- ✓ Arrive at the office in very comfortable clothes. A button-down shirt or something easily removable is best.
- ✓ Arrive at the office no later than 8:30 AM.
- ✓ Upon arrival in the office, we will review the procedure and consent as well your photos. We will answer any questions you may have.
- ✓ We will then give you oral medications.
- ✓ The treatment will take 4 to 8 hours; we will call your designated driver approximately 1 hour before you are ready to be picked up. **You must have a driver due to the medications.**
- ✓ You may bring your own books or music as long as they are appropriate for everyone.
- ✓ You may request to use the restroom at any point during the procedure.
- ✓ Friends and family are not allowed in the treatment room during the procedure as it is a sterile environment, but they may visit the office and check on your progress.

## 1 – 7 Days before Treatment

- ✓ The day before your treatment wash your hair with Hibiclens and your regular shampoo in a 50/50 ration. Let sit for a minute, then rinse out.
- ✓ Avoid medications with aspirin or other blood-thinning medications for one week prior to the procedure.
- ✓ Consider the hairstyle you will wear for the procedure. A short hairstyle will allow others to see you have had surgery; a long hairstyle will allow you to comb over the donor site and provide some camouflage.
- ✓ No smoking! It will increase wound healing time.
- ✓ For one week prior to procedure, do not color your hair.

## Emergency Instructions

You have had a hair transplantation surgery on your scalp. The surgery sites may bleed some the first night after the procedure. If excessive bleeding occurs anywhere on the scalp and cannot be stopped by firm pressure and application of ice to the area for a period greater than 20 minutes, you must proceed to the nearest hospital emergency room or urgent care center.

Notify the on-call physician for Carolina Age Management Institute as soon as you are stable.

**(704) 997-6530**

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## For 48 Hours After Procedure

- ✓ No aspirin, ibuprofen, or other blood thinning medications; you will be given a prescription for pain medication.
- ✓ No alcohol.
- ✓ No hats.
- ✓ You may have minor bleeding from the transplant or donor sites. Apply gentle but firm pressure on the area for 5 to 10 minutes with a dampened gauze pad; press only, do NOT rub.
- ✓ A pressure dressing will be applied to the donor site. You may remove this after 48 hours.
- ✓ To avoid itching at the transplant site, spray the grafts 3 to 4 times daily with sterile water.
- ✓ To minimize swelling apply an ice pack or a bag of frozen peas over the eyebrows (not on the grafts) for 15 minutes every hour to minimize swelling; keep the ice pack at least 1 inch away from the frontal hairline where grafts were placed.
- ✓ If your surgery involved frontal hairline restoration, sleep in a flat position with minimal pillows under your upper body to control swelling, especially in the forehead/brow region.
- ✓ If your surgery involved crown hair restoration, sleep with a neck pillow like the kind you would use on an airplane.
- ✓ Do NOT wash your hair or scalp. Do NOT allow the shower to hit the transplant sites.

## For 3 – 5 Days after Procedure

- ✓ Continue ice packs through 72 hours after your procedure.
- ✓ Apply Bacitracin ointment over the donor site once daily.
- ✓ To avoid itching at the transplant site, spray the grafts 3 to 4 times daily with sterile water.
- ✓ You may resume normal home and workplace activities, no strenuous activity or exercise.
- ✓ Starting on day 3, follow washing instructions on page 3.
- ✓ You may wear a hat, but only if you must be outside for more than 30 minutes under bright sunlight. If you must wear a hat, we recommend wearing a trucker's cap that does not collapse or touch your scalp, especially where the grafts were placed.

## Inform your Provider

The following may affect when you may have your procedure or even if you will tolerate it.

- ✓ If you are taking any blood thinning medications.
- ✓ Medication allergies or any change in your medical status
- ✓ If you are pregnant, or suspect you may be pregnant, or if you are breastfeeding

## For 2+ Weeks After Procedure

- ✓ No smoking!
- ✓ No strenuous activity for the first 2 weeks.
- ✓ Continue the washing instructions on page 3 for 2 weeks after procedure.
- ✓ After 2 weeks, you may begin wearing sunscreen to protect the grafts if you plan to be outside for 30 minutes or more.
- ✓ Since it is possible to sunburn the grafts if you are outside too long, we recommend you avoid going outdoors when it is extremely hot and sunny outside.
- ✓ You may resume Rogaine 5% foam or other topicals prescribed for you after 1 month.
- ✓ 8 weeks following the procedure, you may color your hair with a semi-permanent color. Do NOT use a permanent hair color; it may cause damage to your new grafts
- ✓ 3 months following the procedure, you may color your hair with a permanent color.
- ✓ Do not use hydrogen peroxide or other ointments unless instructed by our office. These could negatively affect the healing process and reduce the success of the procedure.

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## Please tape this to your bathroom mirror.

### Our Contact Information

Stephen Giordano DO  
Carolina Age Management Institute  
(704) 997-6530

### Beginning the 3<sup>rd</sup> Day after your Surgery

1. Wash your scalp every 1 to 2 days.
  - a. Use a large cup filled with warm (NOT HOT) water.
  - b. Pour a small amount of Johnson & Johnson Baby Shampoo into the large cup.
  - c. Pour this mixture onto your entire scalp and spread the shampoo over the sides and back of the scalp.
  - d. Rinse lightly in the shower with your large cup that is now filled with only water.

### Important Notes

- ✓ In the areas you did not have hair transplanted, you may massage the mixture with your fingers.
- ✓ Do NOT rub.
- ✓ It is VERY important that you do not touch the recipient sites with your fingers as this may cause the grafts to come out.
- ✓ Do NOT allow full strength streaming water from the shower head to hit your scalp. This may dislodge grafts.
- ✓ After 2 weeks, you may **gently** massage all areas with your fingers and allow **gentle** shower pressure to rinse off.