



After Hair Transplant Instructions

General

- The medication used during your surgery may still affect you for 24 hours following surgery causing sleepiness, dizziness, disorientation, nausea, vomiting, or skin discoloration of the treated area. If you should feel any of these symptoms, we recommend an adult companion to remain with you for 24 hours.
- Drink plenty of clear fluids.
- Report any of the following to Dr. Kopelman:
 - Postoperative nausea or vomiting that is not controlled by anti-nausea medication
 - Pain that is unrelieved after taking the maximum dosage of your pain medication
 - Bleeding from surgical site that will not stop with gentle pressure applied for 5-10 minutes
 - A fever above 100.4 degrees within 7 days after your surgery
 - Signs of infection at the surgery site, such as increased redness, swelling or pain, yellow/green discharge, or site feeling warm to touch
 - A rash and/or itching anywhere on the body
- **Call 911 for any swelling of the mouth, lips, or tongue that is making breathing difficult.**

Post-Surgical Medications

- **Pain medication:** (optional) as needed, you may alternate prescription medication, Ibuprofen or Tylenol according to label instructions to optimize pain control.
- **Anti-swelling /Medrol Dose Pack:** take as directed starting the morning **after** your procedure
- **Vitamin D₃ 2000 units daily:** (optional) this is over the counter and helps reduce scarring.
- **ATP solution:** (provided on the day of the surgery) starting immediately after the surgery, spray on grafted area every hour while awake for the first 24 hours; and, thereafter, spray as frequent as possible until all solution is gone.
- **Hypochlorous Spray:** (provided on the day of the surgery) apply to the donor area twice a day. Use clean hands.

Evening of Surgery: _____

- **DO NOT DRIVE**
- There are no dietary restrictions but you may begin eating light and return to normal diet as tolerated. Always take your prescribed medication with a snack or meal to prevent nausea. **Do not drink alcohol or take aspirin for 48 hours after your procedure or for as long as you are taking prescription pain medication.**
- Sleep with your head elevated using two pillows for 2-3 days. Use a travel pillow for comfort. We expect some oozing from the donor area on the back of your head. We recommend that you protect your pillow with a dark towel or absorbent pad.
- Start spraying grafted area with ATP solution every hour while awake.
- Do not touch or wash your transplanted area for 24 hours.
- Call the office if you have any problems or questions.

After Surgery: Day 1 _____

- Follow up in office with Dr. Kopelman @ _____. If you will be wearing a hat, make sure the hat is clean or purchase a new hat for wearing post procedure. Please make sure it fits loosely so it is not rubbing on the transplanted area and does not fit too tightly around the forehead. Place the back of the hat on first then the front.
- Take all your medication as prescribed. Remember to start your anti-swelling medication.
- Spray the recipient area/hair grafts (NOT the donor area in the back) with ATP every hour while awake. Thereafter, continue spraying during day as often until all solution is gone.
- Remember to limit your activities for the day.
- You may wash your hair but **wait until the evening**. Wash your hair gently, using regular anti-bacterial shampoo and gentle shower pressure. Dab your hair with a towel and finger comb your hair. Do Not use a blow dryer. Your scalp may feel numb as this is expected.
- Spray Hyperchlorous spray first to your donor (back of head) area at night only after washing your hair. Additionally if you did an FUT then apply RadiaPlex gel to the donor site. Make sure your hands are clean.

After Surgery: Day 2–3 _____

- Continue orders above under Day 1. ATP spray should be used until the bottle is empty. RadiaPlex should be used until sutures are removed.
- Resume light physical activities, light jogging, and light weightlifting for a week. **Avoid pools, hot tubes, and saunas for 2 months.**
- You may start to notice swelling on the forehead. Apply ice to your forehead and/or suture line in 20 minutes intervals. Do NOT apply ice directly to grafts.

After Surgery: Day 4–7 _____

- You may start using hair products and brushing your hair gently but be careful not to “catch” the scabs or stitches.
- Itching is a normal part of healing. Besides using it at night, you may apply RadiaPlex gel to your scabs during the day.

After Surgery: Day 8–21 _____

- Resume normal physical activities.
- Resume normal daily hair-washing routine. If you still have scabs in the donor/recipient area, stay longer under the shower, and add conditioner to your routine and massage the scabbed area vigorously. Repeat this process for a few days until all scabs are gone.
- **Resume using your treatment(s) Rogaine, (topical Minoxidil), oral Minoxidil, topical Finasteride, topical Dutasteride, homeopathic hair loss medication, low laser therapy hat.**
- We will see you in the office and remove your stitches if applicable in 2 or 3 weeks depending on age and scalp tension.
- Hair can be cut or colored after suture are removed or 2 weeks after your procedure if FUE donor harvesting was performed.

A slight redness or discoloration of the treated area is normal and it may persist for several weeks or months. You may have areas of numbness in the donor and/or recipient areas. This is normal, and the sensitivity should come back within several weeks to several months.

Remember your transplanted hairs would fall out within 2-8 weeks. During the same period, you can have some temporary post-operative shedding in the recipient/donor area. These hairs start to grow back in 3-4 months. If you should have any “pimple-like bumps” on your recipient/donor area, apply mupirocin antibiotic ointment for 2-3 days. If the bumps persist, call our office. Don’t take chances. If you have any questions or concerns, call our office at 212-831-8331.

Patient: _____ Date/Time: _____

Witness: _____ Date/Time: _____