



# HAIR DOCTOR

NASHVILLE · MEMPHIS · LOUISVILLE

## NeoGraft Post-op Instructions

### Immediately After Procedure

- **Medications:** Ibuprofen (Advil/Motrin) and aspirin products are **not to be taken for 48 hours** after surgery. For headaches, use Tylenol or acetaminophen products. We will also provide you with a prescription for pain medication. Make sure to take all medications provided for you as directed.
- **Minor bleeding:** On limited occasions, minor bleeding may occur from the transplant site and/or donor area. This can be controlled by applying gentle but firm pressure on the area for no less than 5-10 minutes with a dampened gauze pad that we will provide for you. Press only. Do not rub.
- **Bending down:** Do not bend over at the waist; **squat only the first week.**
- **Sleeping:** **Sleep in an elevated position the first week** after surgery; either in a recliner or by propping your head with several pillows. This will reduce swelling and protect you from tossing and turning initially, which could cause damage to your newly transplanted grafts.
- **Misting:** You will be given a bottle of saline solution to take home with you. Mist the entire recipient site hourly while you are awake until the bottle is empty.
- **Icing:** Begin using **ice packs immediately after surgery.** To prevent swelling on the forehead or around the eyes, apply an ice pack (a package of frozen peas works well) over the eyebrows for 10 minutes every hour, being careful not to place on your grafts. If swelling does occur, it will typically appear a few days after surgery. Swelling is part of the natural healing process and will quickly resolve.
- **Gauze Wrap:** You may **remove the rectangular gauze pad from your back donor area after 48 hours** or the morning of day 3 after your procedure.
- **Scabs:** Scabbing will form over the transplant sites and solidify the first few hours after the procedure. These scabs will start to fall off between days 7-10. **Do not pick or scratch at these scabs** at any time. Doing so can endanger the healing of the graft and could cause scarring or a chance of infection. Don't be alarmed if there are short hairs in scabs when they fall off. The hair bulb is inside the scalp. It is natural to lose the hair shaft.
- **Washing hair:** You will **take your first hair shower the third morning** after your procedure. Do not allow your head to have contact with the water directly out of your shower head. Please use a cup to fill with water and rinse with. We recommend using baby shampoo for the first two weeks. Put baby shampoo in an empty cup and then fill that cup with water to create a bubbly shampoo solution. Pour over your head, and rinse using the cup. Do not use peroxide on your scalp or other ointments unless instructed by the physician. This could affect the healing or success of the procedure. If any scabs remain **after 7 days, you can apply conditioner** to the recipient region. Gently massage in a circular motion to help encourage the scabs to fall off. **After two weeks, you may return to your former hair products** except for medicated shampoo which may be resumed 4 weeks after your procedure.
- **Shedding:** Don't be alarmed to see short hairs attached to your scabs when they fall off. The hair bulb is safely inside the scalp. It is natural to lose the hair shaft after the transplant process. The hairs will lay dormant and then start new growth cycles approximately 3 months after your procedure.
- **Exercise:** For the first two weeks, be careful of what kind of strenuous activity you perform. **Weight lifting, running, and intense workouts should not be done for 14 days.** Most activities in the workplace can be easily resumed a day or two after the procedure. Please ask us if you have any questions or concerns.

- **Hats: Don't wear any hats or ballcaps for the first 3 days** to allow the scabs to solidify. After 3 days, you can start wearing a very loose-fitting, adjustable baseball cap. After one week, you can wear any hat as normal, including a beanie. Hard hats (including motorcycle helmets) may be worn after 10 days.
- **Smoking: No smoking** for a minimum of 5 days after procedure.
- **Swimming: Do not submerge head in chlorine water** for the first 14 days.
- **Sun Exposure: Do not expose your scalp to the sun;** do not wear sunscreen for first 14 days. After day 3, make sure to cover your scalp in a hat if in prolonged sun.

### After 14 Days

- You are now cleared for no restrictions on physical activity.
- Same goes for the wearing of hats: Any hats - tight, loose, beanies, hard hats, motorcycle helmets - are now permitted without restrictions.
- You may begin the use of Rogaine should you choose - it stimulates new growth cycles.
- If you still have scabs, give them a good rub as you can't ruin anything, and the build-up of dead skin/scabs needs to come off.
- You can swim and completely submerge in water.
- You can get a haircut to shape things up a bit if needed. Do not buzz or shave the head in the first 3 months during the dormant phase.
- You can go back to your regular shampoo products.
- It is normal to still have tenderness and sensitivity in areas as a great amount of healing is still taking place.
- Redness will slowly fade away.
- You may develop pimple-like bumps which can be expressed like a pimple if they have a white head - wash hands and area before and after.
- If you experience severe itching, try letting conditioner soak on your head for 5 minutes before rinsing. You may also find relief from spraying water from the squirt bottle originally given, or taking Benadryl as needed.
- If in direct sunlight long enough to burn, you should make sure to either wear a hat or sunscreen. Sunscreen is permitted after 14 days.

In case of **emergency after hours** please call:

- Nashville & Louisville: **615-229-5962**
- Memphis: **901-203-5253**

If you haven't done so yet, please schedule a post-op appointment for 10-14 days after your procedure:

- Nashville & Louisville: **615-866-1977**
- Memphis: **901-881-2183**

I certify by my signature that I received a copy of this instruction sheet, that I understand its contents, and that all of my questions have been answered.

**Patient Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_