



HAIR DOCTOR
NASHVILLE · MEMPHIS · LOUISVILLE

NeoGraft Beard Transplant Post-op Instructions (BEARD patients only)

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.
- **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.
- **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.
- **Washing face:** You will wash your face for the first time the third morning after your procedure. We recommend using a gentle cleanser such as Cetaphil for the first two weeks. Please lather the cleanser in your hands first and then very gently pat your face. Do not allow your face to have contact with the water directly out of your shower head. Please use a cup to fill with water and rinse with or you may rinse by cupping your hands if over your sink. After day 7, gently massage your face in a circular motion to help encourage the scabs to fall off. After two weeks, you may return to your preferred facial cleanser and moisturizer.
- **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.
- **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:** No prolonged sun exposure that would result in a sunburn in the first 14 days; do not wear sunscreen for first 14 days.

After 14 Days

- You are now cleared for no restrictions on physical activity.
- 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 shape your beard up a bit if needed. Do not buzz or shave the areas transplanted in the first 3 months during the dormant phase.
- You can go back to your regular regimen of skin care 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. A warm compress such as a wash cloth is also helpful.
- If you experience severe itching, you may apply hydrocortisone. You may also find relief from spraying water from the squirt bottle originally given. If the itching is making it difficult to sleep, you can also take Benadryl as needed. Itching is a part of healing and will subside.
- If in direct sunlight long enough to burn, make sure to apply sunscreen, which is permitted after day 14.

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:** _____