

Post- Operative Care

IMMEDIATELY POST OP

- A spray bottle and a saline water solution are supplied on discharge. You may use tap water when the sterile water provided is finished.
- You will need to spray the transplanted area and the stitches every 20 minutes for the first 12 hours. When doing this put some towels around your shoulders and let all the water drip down
- You will need to spray vigorously, use both hands to ensure that you cover all the transplanted and sutured area. Do not touch the transplanted hair
- Once you have completed the 12 hours of spraying you should sleep for a few hours
- Drink plenty of water during this time and eat as normal
- You may store the 1L saline bottle in the fridge but this is not essential
- **Mild sedation is given during surgery and it is important you do not drive afterwards**

DAY 1 TO DAY 3

- On day 1 (day after the surgery) to day 3, you should spray half hourly during your waking hours and sleep as normal at night
- You may use tap water when the saline water provided is finished
- Spraying prevents any scab formation on the transplanted area and on the donor area. The transplanted grafts also need to be kept hydrated throughout this period, this is **essential** for their survival

DAY 4- DAY 14

- You will commence a **gentle shampoo** regime on day 4
- Fill a clean bowl with tepid water, put 10 mls of shampoo in and mix it up to make it quite soapy and with a cup or bowl, pour the solution over the transplanted area and the donor area, and rinse off any soapy solution. You may pat it gently with a clean towel
- This should be done **once a day** from day 4 up until day 14
- Note: Do not stand under a power shower and do not wear a hat during this time. Do not use any product in your hair. Allow your hair to dry naturally, do not towel dry or blow dry your hair
- You may continue spraying the sutured area during day 4 to 14 to relieve any itchiness. You may keep the spray bottle in the fridge
- Your stitches will need to be removed between day 7 and day 10. It is advisable to return to HRA to have these removed
- Note: There may be a dissolvable suture underneath the skin which will self dissolve between 3 and 4 months post operatively. This can feel lumpy but it will return to normal in time
- It is advisable to start using Regaine after day 14 to enhance the growth, this should be used at night only on the transplanted area and this can be used for 6 months or continuously post operatively

DAY 14 AND AFTER

- You may return to your normal hair washing regime **wash the hair normally using both hands** this will remove any crusts in the area. At this stage you may get your hair cut, color your hair and resume using products like gels and hair sprays
- It is recommended to avoid strenuous physical activity 4 weeks post operatively; you should avoid gym work, swimming, cycling, tennis, golf, any heavy lifting, strenuous hill walking for 4 weeks after the surgery. This is to avoid any stretching of the scar

- When you return to physical activity you should start off lightly and build up slowly to your previous activity levels

COMPLICATIONS THAT MAY OCCUR FOLLOWING YOUR SURGERY

- Swelling: this is quite rare but could occur usually 24 to 48 hours after the surgery. You may notice some swelling in the forehead, which may travel down towards the eyebrows. This will resolve itself, without intervention, usually 48 to 72 hours after it begins. Raising the top of the bed will help
- Bleeding: there may be some bleeding directly after the surgery from the donor area, if any bleeding occurs, it is important to apply pressure with some gauze for as long as it takes to settle
- Pain: sometimes pain can occur in the donor and the transplanted area, Tylenol or prescriptive pain relievers are recommended for this, and you can take these alternating every 3 hours. Please see specific instructions about pain relief provided
- Numbness/tingling sensation in the recipient area sometimes occurs, this will resolve without intervention. It can last from weeks to months
- Infection: There is a very slight risk of infection as with any surgery. You should return to the clinic if you feel there is any signs of infection such as localized redness, pain

FOR YOUR INFORMATION

- It is important to note that the transplanted hair will be fully embedded after day 14, that is why you can resume your normal activities at this stage
- The transplanted hair will begin to fall out, usually 2 to 4 weeks after the surgery. You will start to see the hair grow at 3 to 4 months after the surgery, this hair will be very fine and minute at first
- At 6 months 70% the hair will have appeared, however they won't be fully grown, it will take up to 18 months for a full growth to occur
- Shedding of the native hair can also sometimes occur post operatively. This is quite rare and if it occurs it will always re-grow