

## Pre- and Post-Procedure Instructions for Hair Transplant

The following instructions should be carefully followed before and after a hair transplant or scalp procedure. If you are unclear about any of the instructions, please contact our office.

**Please plan on being at the Quatela Center all day as your procedure can take up to 6-10 hours. The length of the procedure is determined by the number of grafts and the patient's comfort level. Please be sure to follow all of your pre-operative instructions prior to your procedure.**

### TWO WEEKS BEFORE PROCEDURE:

- **Stop taking any medications or vitamin supplements that contain aspirin, ibuprofen (e.g. Motrin, Aleve, Advil, etc.), herbs that increase blood flow or thin the blood (Echinacea, Gingko Biloba, Garlic), and Vitamin E for 2 weeks before the procedure.** These medications increase your risk for bleeding making it very difficult for your newly transplanted grafts "to take." Be sure to check with a pharmacist before using any over-the-counter medications. Many over-the-counter medications such as Alka-Seltzer, Bufferin, Excedrin, etc., contain aspirin. Pain, cold, flu, and allergy medications often contain aspirin or ibuprofen. **Tylenol is OK.**
- **If you have symptoms of a fever, cough, shortness of breath, or body aches, please contact the office for instructions regarding your procedure.**
- Start taking 1000mg of Vitamin C three times per day as this helps with healing.
- If you are having FUT, do not cut the hair on the back of your head before surgery. This will make it more difficult to hide the suture line. Keep it around 1-2 inches long for best results. If receiving a FUE procedure, we will shave the back and sides of your hair to a 0 (clippers without a guard). We can shave the top as well or leave it longer depending on your wishes.
- Stop using any topical hair treatment products that increase blood flow to the scalp, such as shampoos, Rogaine, or other hair loss medications.

### ONE WEEK BEFORE PROCEDURE:

- You will either come in to see the RN or NP for a preoperative appointment. She will review your health history with you as well as your instructions and answer any questions you may have. If you have ever experienced high blood pressure, asthma, chest pains or palpitations, liver or kidney problems, sleep disorders, or shortness of breath, it is extremely important that we have this information.
- Refrain from alcohol 3 days before and after the procedure. Alcohol makes you more likely to bleed during a surgical procedure which will prolong your day and could affect the grafts from taking.
- Refrain from smoking and nicotine products one week before your procedure. Nicotine constricts blood vessels making it difficult for oxygen-rich blood to get to the surgical site.
- Stop taking oral minoxidil one week before your surgery. Minoxidil is a vasodilator that may increase bleeding during surgery and potentially affect the grafts. You may resume one week afterwards surgery.
- Please refrain from any form of exercise 3-7 days prior to surgery. *If you weight train, body build, or do strenuous cardio exercise, please refrain from this type of activity for at least 1 week prior to surgery. If you take any type of supplements for weight training/bodybuilding, please refrain from taking these products for one week.*
- **If you color your hair, please color it one week or more before the transplant.**

**NIGHT BEFORE YOUR PROCEDURE:**

- Wash your hair with **Hibiclens** and a mild shampoo. Mix these products in your hand in a 50/50 ratio, lather, leave in place for one minute, and rinse out. Do not wash your hair or apply hair products on the day of the procedure. **We will provide you with the Hibiclens in the office or you may purchase them at any drugstore or pharmacy.**
- Be sure you have picked up all of your prescription medications and arranged for transportation to and from the Lindsay House for your procedure.
- You will receive a phone call from the hair team the day before your surgery to confirm your arrival time for your surgery.

**ON THE DAY OF YOUR PROCEDURE:**

- Eat a light breakfast (nothing fatty, fried or greasy). Avoid caffeine on the day of the procedure.
- We will provide you with lunch. Please inform the staff of any food allergies or restrictions.
- You will be given light oral sedation during the procedure. Due to the length of the procedure, light sedation will allow you to relax, helping to pass the time quickly.
- Wear comfortable clothing that does not need to be pulled over your head. A button-down or zippered shirt is easiest, and some patients like to wear sweatpants for comfort. Valuables should be left at home. You will be given a patient belongings bag to store your clothing and personal items in for the day.
- Please do not bring reading material or computers with you since you will be in a reclining position for the majority of the day and may be unable to use them. You **MAY** bring DVD movies that are appropriate for mixed company, and/or earbuds with a music player. We provide cable TV and Netflix® and other subscription services are also available. You will need your account login and password to access these services.
- Please limit your cell phone usage throughout the day as this can interfere with the procedure. NO photos are allowed in the procedure room. We ask that you please refrain from taking photos until your procedure is complete.
- Family members or friends may not visit over the course of the day. Phone updates are available through the practice.
- Please bring all prescribed post-surgical medications with you on the day of your procedure.
- **YOU WILL NEED TO HAVE A RIDE HOME BY A FAMILY MEMBER OR FRIEND.** This is due to the sedation and/or pain medication as well as the length of your day here at our center. **A hair team member will call your ride when you are ready to be picked up. Your ride should park in the parking lot at the end of the ramp and stay in their car. The nurse will walk you out to your car. You will be given printed instructions to share with your ride or whoever will be at home with you that evening. If you do not have a ride on the day of your procedure, your case may be canceled. This is a very important safety measure for you.**

*So that you may better plan your post-procedure activities, please read through the following instructions before your procedure.*

## **AFTER YOUR PROCEDURE:**

### **MEDICATIONS:**

- **Antibiotic:** Begin when you arrive home after the case and take as directed until completed.
- **Medrol Dosepak (methylprednisolone):** If you have been prescribed a medication to prevent swelling, take this as directed until completed.
- **Anti-nausea medication:** you may be prescribed medication to relieve nausea. Take as directed.
- **Pain medication:** If prescribed, take this as directed for postoperative discomfort.

### **WOUND CARE:**

- A specialized baseball cap will be provided at the end of the procedure. **You will need to avoid direct sunlight or cold for three weeks by wearing a hat or other covering that is not knit or tight and will not compress the grafts.** Please wear this hat loosely over your grafts for the first week. After one week, you may switch to a regular-fitting hat such as a knit hat, bandana, or regular baseball cap.
- To minimize swelling, apply an ice pack or frozen peas over the eyebrows for 15 minutes every hour, **not on the grafts and at least one inch from the hairline if grafts were placed there.** You should expect to see small "scabs" at many of the graft sites. These will usually fall off within 7-14 days. Please don't pick them off; you may disturb the newly planted grafts.
- **On night 6, apply a generous amount of antibiotic ointment to the newly transplanted graft area and keep it on overnight. This will help to loosen up the scabs before you wash your head on day 7. On day 7, apply a warm compress on the newly transplanted area for 10 minutes to dissolve ointment, and then wash your hair and scalp as usual.**
- Your wound may have been closed using an absorbable suture that will dissolve, loosen, and fall out over the next 7-14 days and doesn't need to be removed. The suture will appear to look like fishing line with a slightly yellow color and will most likely come loose while shampooing your hair. If you have undergone FUE and a dressing is applied, leave it in place until your first follow-up visit on post-operative day 1, at which time it will be removed by our staff.
- You may experience the hair in the grafts falling out over the first few weeks after the procedure. This is expected and your new hair will start growing approximately 4-6 months after your procedure.

### **ACTIVITY:**

Avoid bending, lifting, and straining for 1 week after your procedure. Avoid strenuous activity of any kind for 1 week. Too much activity could cause swelling, bleeding, and loss of grafts. Keep activity VERY minimal. Bend at the knees instead of at the waist when picking up objects and tying shoes.

### **SLEEPING:**

You may sleep in any position that is comfortable without any pressure from the pillow touching the grafts. Typically, we suggest sleeping elevated on 1-2 pillows on your back or upright in a reclined position for 3-4 days postop. You may rest on the incision or donor site.

**FOLLICULITIS:**

- Folliculitis is one or more ingrown hairs that cause pimple-like lesions. Occasionally, a patient may develop this as the new hair is beginning to grow through the surface.
- If this happens, apply a warm, moist cloth to the area for several minutes, three times a day. If the area does not improve after a few days of treatment, please call the office at (585) 244-1000 and speak to one of our nurses.  
*Folliculitis will not affect your outcome.*

**NUMBNESS:**

Some numbness at the suture line and the graft sites will most likely occur. This is normal and will begin to resolve in six to eight weeks. Some patients may notice small areas that will remain numb for up to one year.

**SPECIAL INSTRUCTIONS:**

- **Avoid alcohol for one week after the procedure.**
- **It is normal to bleed slightly overnight. To protect your linens, you will be provided with a disposable towel to use the first evening and may want to put a towel over your pillow for the first few nights after the procedure.**
- **Call our office if you develop any of the following: Fever (higher than 100 degrees F), pain not relieved with ordered pain medication, redness at the incision site, unexpected swelling (some forehead swelling is not unusual), heavy bleeding, foul drainage, persistent nausea and vomiting, or any other concerns.**
- **Avoid sun exposure without protection (hat, sunscreen, etc.) for 1 year.**

I have read and understand the pre-operative and post-operative instructions.

**Signed** \_\_\_\_\_ **Date** \_\_\_\_\_

*Signature*

**Print Name** \_\_\_\_\_

**Witness** \_\_\_\_\_ **Date** \_\_\_\_\_

## Post-Transplant Hair Care FUT

### **Day 0 (night of procedure)**

Itching is common during the healing phase. Spray the CU3 spray on the grafts two times before bed and once in the morning before your post-operative day 1 appointment.

### **Day 1 (day after surgery)**

The day following your surgery is considered post-operative day 1. After your transplant, you may shower your body only as long as the hair is kept dry. Do not let the force of the water hit the grafts or attempt to wash any portion of the hair for 72 hours. Continue to take your antibiotics and other prescriptions as prescribed and remember to wear the hat we provided when outdoors. Spray the Cu3 recovery spray on the grafts every 1—2 hours for the first week. The copper and other elements in this spray help to promote wound healing.

### **Day 3**

You may wash your hair with the Zenagen shampoo beginning 72 hours following your procedure. This is an important step to reduce bacteria and lessen the scabbing. Do not let the shower pressure spray directly on the grafts. Wet the scalp, which is most easily accomplished by sitting in the tub or shower and filling a container such as a large measuring cup or pitcher with warm water from the tap. Pour the water so that it hits the non-grafted portion of the scalp first and allow the water to run over the grafts wetting the entire head. Add a small amount of the Zenagen shampoo to the pitcher with some water to make a sudsy lather. Pour the lather over the scalp as you did the water to wet the scalp. Leave on for one minute and then rinse with lukewarm water in the same manner by pouring the water on the non-grafted portion of the head first and letting the water run over the grafts. Allow the hair to air dry. **DO NOT USE A HAIR DRYER.**

### **Day 4 and 5**

Repeat hair washing process above.

### **Day 6**

Repeat hair washing process above. The night of day 6 you will apply antibiotic ointment to the graft sites. Put on the paper cap provider before bed.

### **Day 7**

On the morning of day 7, it is helpful to gently wipe the ointment off and then apply a warm compress to the grafted area for about ten minutes. You can then step into the shower and treat your head like nothing has happened. You may let the shower spray on the grafts and shampoo normally using the Zenagen Shampoo and Conditioner. After this, you may blow dry. Please refrain from using any styling products until all scabs have fallen off. Continue to follow this routine for washing and wear a hat when outdoors for a total of three weeks following your surgery. You may resume all normal activity (exercise, bending over, lifting, etc.). You may also resume taking ibuprofen and oral minoxidil.

## Post-Transplant Hair Care FUE

### Day 0 (night of procedure)

Itching is common during the healing phase. Spray the CU3 spray on the grafts two times before bed and once in the morning before your post-operative day 1 appointment.

### Day 1 (day after surgery)

The day following your surgery is considered post-operative day 1. After your transplant, you may shower your body only as long as the hair is kept dry. Do not let the force of the water hit the grafts or attempt to wash any portion of the hair for 72 hours. If you have a pressure dressing in place, leave it in place until your office visit on post-operative day 1, when it will be removed by our staff. Apply a thin coat of antibiotic ointment (Bacitracin or Polysporin) to the donor area before bed. Continue to take your antibiotics and other prescriptions as prescribed and remember to wear the hat we provided when outdoors. Spray the Cu3 recovery spray on the grafts every 1-2 hours for the first week. The copper and other elements in this spray help to promote wound healing. For the donor site **ONLY**, continue to apply Polysporin twice per day.

### Day 3

You may wash your hair with the Zenagen shampoo beginning 72 hours following your procedure. This is an important step to reduce bacteria and lessen the scabbing. Do not let the shower pressure spray directly on the grafts. Wet the scalp, which is most easily accomplished by sitting in the tub or shower and filling a container such as a large measuring cup or pitcher with warm water from the tap. Pour the water so that it hits the non-grafted portion of the scalp first and allow the water to run over the grafts wetting the entire head. Add a small amount of the Zenagen shampoo to the pitcher with some water to make a sudsy lather. Pour the lather over the scalp as you did the water to wet the scalp. Leave on for one minute and then rinse with lukewarm water in the same manner by pouring the water on the non-grafted portion of the head first and letting the water run over the grafts. Allow the hair to air dry. **DO NOT USE A HAIR DRYER.**

### Day 4 and 5

Beginning on day four, apply Aquaphor ointment® two to three times per day to the donor site for up to two weeks until scabbing is no longer evident. Repeat hair washing process above.

### Day 6

Repeat hair washing process above. The night of day 6 you will apply antibiotic ointment to the graft sites. Put on one of the paper caps before bed.

### Day 7

On the morning of day 7, it is helpful to gently wipe the ointment off and then apply a warm compress to the grafted area for about ten minutes. You can then step into the shower and treat your head like nothing has happened. You may let the shower spray on the grafts and shampoo normally using the Zenagen Shampoo and Conditioner. After this, you may blow dry. Please refrain from using any styling products until all scabs have fallen off. Continue to follow this routine for washing and wear a hat when outdoors for a total of three weeks following your surgery. You may resume all normal activity (exercise, bending over, lifting, etc.). You may also resume taking ibuprofen and oral minoxidil.

## Frequently Asked Questions

**1. What is the Quatela Center for Hair Restoration?**

The Quatela Center for Hair Restoration is comprised of a team of healthcare professionals led by Dr. Vito Quatela, Dr. Heather Lee, and Dr. Montague. This team is dedicated to correcting hair loss by using state-of-the-art methods of hair restoration. Some of these methods include hair transplantation using mini and micrograft technique and scalp reductions.

**2. What are the qualifications of the Hair Restoration practice?**

The list of qualifications is Board Certification, membership in the American Board of Hair Restoration Surgeons, and membership in the Hair Loss Council. These national organizations are comprised of medical professionals specializing in hair restoration procedures.

**3. What is the cause of hair loss?**

The most commonly known cause of androgenetic alopecia (or pattern baldness) is largely heredity and caused by the presence of a male hormone called dihydrotestosterone.

**4. What technique do the doctors use?**

Hair transplantation is done using the patient's own hair taking the donor hair from the back of the patient's head (where it is genetically programmed to grow permanently). The hair grows in follicular units, which consist of 1-5 hairs in each unit. Mini grafts that are 3-5 hairs each are used to fill in areas with thinning or no hair. Micro grafts that are 1-2 hairs each are used along the hairline to give the transplantation the most natural look possible. We use both the FUT and FUE methods of hair transplantation, which will be discussed during your consultation.

**5. How long does the procedure take?**

The actual procedure may take anywhere from 6-12 hours. This time is dependent upon the amount of work to be done, and how well the individual follows pre-op instructions. We ask that you plan to spend the day with us when you are having a transplant.

**6. Is it painful?**

Some patients report only a small amount of discomfort associated with a hair transplant. We use a local anesthetic in the area where we will be working. During the case, if you feel any discomfort, we can give you pain relief medication.

**7. Will I need more than one procedure?**

That will depend on the extent of your hair loss and the number of grafts. It will take about 4-6 months to see new growth, but it takes up to one year to see the final results.

**8. Won't my new hairs fall out just like my old ones?**

No. Hair in the back of the scalp is abundant and resistant to the effects of dihydrotestosterone. They retain their original properties and growth pattern.

**9. Is this the best alternative?**

Hair transplantation is the only permanent solution to hair loss. There are many short-term solutions, but they are not permanent.

**10. How long will I be out of work?**

If your work is **not physically** strenuous, you may return to work 24 hours after the procedure. You should avoid strenuous exercise, heavy lifting, or bending for seven days following your surgery. If your work is physically strenuous, you should plan to take 1 week off.

**11. What follow-up is necessary?**

The day after surgery you will be seen at the Quatela Center for a post-operative check-up. You will need to return at 2 weeks, 3 months, 6 months, and 1 year for additional post-op appointments. At the 3-month, 6-month, and 1-year appointments, you will receive PRP injections and follow up with the physician or nurse practitioner.



## Things to Remember After Your Hair Transplant

1. Follow instructions carefully to avoid loss of grafts.
2. What to Expect at:
  - **One to Four Weeks Post-Op:** Some patients can experience swelling, scales, and small pimples. The newly transplanted hairs will fall out. Your scabs should be gone and there will be redness in the transplanted area. Swelling is usually minimal but may travel down below the forehead to the eyes. If this worsens or does not improve within 48 hours, please call the office. In some cases, your hair might actually look a little thinner after the transplant. This is most likely to occur when pre-existent hairs are present in the transplanted zone. These hairs may thin out in the three months after transplantation, but will usually grow back at about the same time and rate that the new grafts grow in. Do not worry if your hair looks thinner after transplantation, your rewards come in 6-12 months. We use a blue dye during your procedure that allows us to see the sites where the grafts will be placed. Occasionally, this dye remains on the hair for a few days following the procedure but washes out when you are able to fully wash your hair.
  - **One Month:** You will experience numbness around the suture line if there is one and at the graft site area. Numbness is normal and will begin to resolve in six to eight weeks. Some patients may notice small areas that remain numb for up to one year.
  - **Two to Four Months: You may start to see some growth.** Itching in the recipient area or discomfort in the donor area may still be present, but this should pass in a few months. The incision in the donor area is healed but will still be red and numb. Also, at this stage, a few patients may develop small pimples (folliculitis) around the transplanted area as the hair emerges. As stated in the post-op instructions, if this occurs and persists, we would like to be notified because there are ways of treating it. Please call the office at (585) 244-1000.
  - **Four to Six Months:** You should now start to see your new growth coming in. Please be patient, at best the growth at this time represents approximately 20% of the growth you should anticipate. In addition, when the transplanted hair first appears, it is immature, fine, thin, and light in color. As time goes on, more transplanted hair will appear, and the hair will become thicker, longer, and darker.
  - **Six to Eight Months:** A significant change usually occurs between the 6<sup>th</sup> and 8<sup>th</sup> month. By 8 months, most of the hairs (80%) should have penetrated the skin, but still will only have achieved about 50% or 60% of the final visual aesthetic effect.
  - **Eight to Twelve Months:** The visual result continues to improve for up to a year, and it is only after one full year that the final aesthetic effect is usually achieved.
3. You will not get the maximum benefit from your transplant until 9-12 months after the procedure, because the hair must have this amount of time to re-grow the length and thickness of the shaft. You will see improvement at 4-6 months in the form of fine short hair, but results peak at 9-12 months.
4. Hair loss is a relentlessly progressive process; therefore, you may want additional replacement procedures in the future to thicken or cover new areas of loss.

**When Can I Resume...?**

Light exercise (walking, etc.) .....	Day 1
Light Brushing of non-grafted hair as usual .....	Day 1
Use of Oral Propecia .....	Day 1
Use of Oral Minoxidil .....	Day 7
Very gentle shampooing of grafts .....	Day 3
Use of aspirin/ibuprofen products .....	Day 7
Vigorous shampooing of grafts .....	Day 7
Use of hairdryer .....	Day 7
Use of mousse, gels, and hairspray .....	Day 14
Gentle brushing of grafts .....	Day 14
Intense exercise (running, aerobics, etc.) .....	Day 7
Use of hot rollers and curling irons .....	Day 10
Swimming and other water sports .....	2 to 3 weeks
(Up to the neck only until scabs are gone and sutures dissolved)	
Use of Rogaine, 82F or 82M (when scabs are all gone) .....	3-4 weeks
Avoid direct sunlight or cold for.....	3 weeks
Laser caps and combs.....	3-4 weeks
Toppik or other hair fibers.....	3 weeks
Haircut.....	3-4 weeks
Chemical hair treatments (coloring and perms) .....	4 weeks
LED Vibrating Derma Roller system.....	6 months