

FACE MD

Montreal, Canada  
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**Pre and post operative  
instructions for hair transplant (English)**

## Hair transplant pre-operative instructions

### Before Surgery

- It is required that you be picked up after your procedure since you may require medication that could affect your ability to drive the day of the procedure.
- You may wash your hair the morning of your surgery with your regular shampoo.
- Do not drink alcohol or caffeine the night before or the morning of your procedure.
- Eat a light breakfast prior to arriving for your procedure.
- Wear a button-down shirt or something easily removable.
- Speak with your physician about any medications you are currently taking.
- 7 days prior to your surgery, avoid any supplements or medications that could cause blood thinning such as aspirin and ibuprofen (Advil/Motrin).
- Consider what hairstyle you will wear. Do not cut your hair 3 weeks prior to the surgery. The donor site will be shaved at 1.1mm - 1.3mm the day of the procedure.
- Smoking is strongly prohibited, as this will delay your wound healing time. (Ideally, stop smoking 2 weeks before and 2 weeks after your procedure)
- If you color your hair, it is recommended that you color your hair a few days before your procedure. After the procedure, you must wait 6-8 weeks before you can color your hair again and a semi-permanent color should be used instead of a permanent hair color that may cause damage to your new grafts. Permanent hair color can be used 3 months post op.
- Please feel free to ask as many questions as you like. We want you to be well informed.

### During the Procedure

- You may bring your own music as long as it is appropriate for everyone.
- At any time during the procedure, you may get up for breaks, such as restroom breaks or a brief stretch.
- We will break for lunch if your procedure is scheduled for the entire day. Lunch and beverage will be provided.
- Friends and family are not allowed in the surgery room when the procedure is being done. However, they will be allowed to visit during breaks.

### After Surgery

- You will be given all required medications and detailed post-op instructions. Please follow those instructions carefully.
- You will have a phone check-up the day after your procedure and a postoperative follow-up a week after your procedure. This can be in person or virtual depending on your preference.
- Should you have any questions concerning any aspect of your procedure, please call us.

## Hair transplant post-operative instructions

- Avoid any contact to donor site and newly implanted grafts for 24h.
- Remove your dressing the day after the procedure, unless you have received other instructions from your physician. From this point on, a loose fitting hat/cap can be worn.
- Afterwards, you may massage the donor site and zones where you did not have hair grafts, but do NOT touch the recipient area for 7 days post-op as this may cause the grafts to dislodge.
- Saline Spray recipient area every hour for 7-10 days
- You can wash your hair after 24 hours by using the 'CUP' method:
  - Combine 2-3 drops of baby shampoo with lukewarm water in a cup. This will create a lather that should be poured gently over the recipient area, tilting your head back and pouring from your forehead to your crown. You may then rinse your recipient sites by gently pouring lukewarm (NOT hot) water from a cup over your scalp. Avoid direct water pressure (example: no direct water pressure from the showerhead) on newly implanted grafts.
- After 7 days you may begin to wash your hair normally.
- After washing with the cup method, apply Bacitracin Ointment on the DONOR area twice a day for 5 days
- Do not consume any alcohol or marijuana for the first 24-48 hours after your procedure.
- Avoid intense Workouts for 7 days after the operation.
- You can use Tylenol or Ibuprofen as needed if you feel discomfort or pain.

### Tips for Swelling:

- Swelling is a part of the healing process and typically occurs on day 2 or 3 after your procedure. It usually disappears in 5-7 days.
- Do not apply ice directly to the graft area.
- Do not use hot compresses.
- For swelling around the eyes and forehead, apply an ice pack on the eyebrow area and below.

### Tips for Itching & Discomfort:

- Scabbing or Itching at the donor and transplant site is normal. Do not pick or scratch at these scabs as this can hinder healing and could cause scarring or infection.
- Scabs will naturally fall off within 2 weeks and may contain small hairs. Do not be alarmed as this is normal! The hair bulb remains in the skin.
- A diluted saline solution (in a spray bottle) can be used as a skin soothing mist that may reduce discomfort, itching, and inflammation. Spray the mist as needed for 2 weeks post-op to keep the scabs moist.

## **Tips for Sleep:**

- Sleep in an elevated position for 2-3 nights following the procedure. It is best to use 3 pillows under your upper body or sleep in a recliner. This will help control swelling in the forehead/brow region. For crown restoration, sleep with a neck pillow or a rolled up towel under your neck.

## **Tips for Minor Bleeding:**

- In occasional instances, minor bleeding may occur from the transplant site and/or donor area. To control bleeding, apply gentle, but firm pressure on the area for 5-10 minutes with a dampened gauze pad.
- Press only, do not rub.
- If excessive bleeding occurs anywhere on the scalp and cannot be stopped by firm pressure for greater than 20 minutes, proceed to the nearest hospital emergency room or urgent care facility and call the office to inform us.

## **2-3 Weeks Post-Op:**

- After 2 weeks, the scabs should have fallen off.
- After 2 weeks you may use spray-on sunscreen or an adjustable hat if you will be out in the sun for more than 30 minutes. Avoid excessive sun exposure to the grafts for the first 90 days.
- Avoid exposure to water (e.g. swimming), which may result in submersion of the newly implanted grafts, for at least the first 3 weeks.
- No helmets, wigs, or fitted hats/caps/beanies for the first 3 weeks.
- Avoid activities that cause excessive sweating or the use of a sauna within the first 14 days. However, minor workouts can be added into your daily regimen after 7 days.
- Only use hair products that are recommended to you by your physician for the first 3 weeks. Minoxidil mousse can be resumed after 3 weeks.
- Refrain from using bleaches or any type of hair dye for the first 6-8 weeks following your hair restoration procedure. Even afterward, it is recommended that you only use a semi-permanent dye so as to not damage your grafts.