

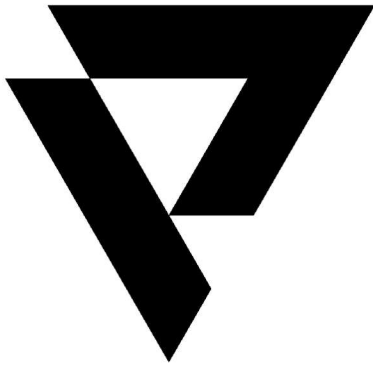
Jigar Sitapara, MD
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Hair Transplant (FUE) Pre & Post Instructions

AMAZON POST-OP LIST: <https://a.co/cfYUsv8>

- Dr. Sitapara has curated these items to help you breeze through your recovery (*please review ingredients for any allergies or contraindications*):
 - L-Arginine Pro – Scientifically proven to aid in healing time and pain. Consume 1 scoop per day for the week before surgery and the week after surgery.
 - Vitamedica Bromelain – Studies show significant reduction in bruising. Take one pill per day for one week before surgery and the week after surgery.
 - General Gauze Sponges – Use as needed for wound care. Non-woven for comfort.
 - Extra Strength Tylenol – Lay a foundation of pain control before using additional pain medications for spikes in discomfort. 500mg rapid release tablets to take every 4-6 hours. Do not exceed 4000mg per day (8 tablets).
 - Active Skin Repair Hypochlorous Acid Hydrogel – Apply to donor incision twice daily with clean hands.
 - Sleep options - We generally recommend sleeping with your head slightly elevated after surgery to reduce swelling. We also want you to be strictly sleeping on your BACK. Explore these options and see which one works best for you.
 - AM Aeromax Back Sleep Training Pillow – Design trains you to sleep on your back. Recommend placing on top of another flat pillow to keep head elevated. Machine washable cover.
 - Cozymaker Wedge – Elevate your head and neck to an optimum angle. May need to combine with an airplane neck pillow to prevent side sleeping.
 - **Airplane Pillow – *Hair Transplant Patients* Bring with you ON THE DAY OF SURGERY.**

The following instructions apply to patients who have undergone Hair Transplantation - Follicular Unit Extraction (FUE). Since no two patients are ever exactly alike in their surgical needs, type of surgery performed or rate of healing, we may elect to individualize the following guidelines for each patient. In such instances, we will so instruct you. Otherwise, we urge you to follow the advice below very carefully, in order to accelerate your healing and maximize your surgical outcome.



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Preoperative Instructions

If possible, do not take any Aspirin or NSAID medications (ibuprofen, motrin, advil, etc) for 14 days prior to your procedure, and then only on the advice of your personal physician. Please let your surgeon know if this is not possible prior to your surgery.

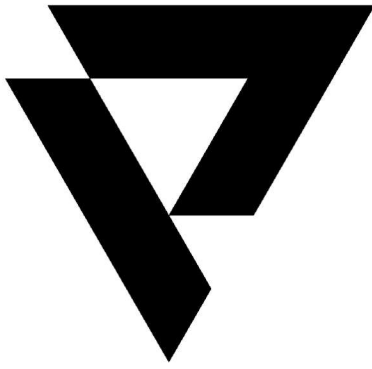
Avoiding alcohol for 7 days prior to surgery can help with the healing process.

Do not get a haircut shortly before your transplant unless you are told to do so by our surgical team.

During the 3-4 days before surgery, try not to do long, strenuous workouts at the gym. It will possibly make you bleed more. Also, no saunas the day before or AM of surgery. It will dehydrate you.

Check List Prior to and Day of Surgery

- Make sure to bring your filled prednisone tablets on the day of surgery. We will instruct you on when and how many to take on the morning of your surgery after you arrive.
- We generally use some mild sedation during the procedure to make you comfortable and help “time fly by.” Patients absolutely cannot drive themselves after surgery. We urge you strongly to arrange for transportation to and from our clinic, or that you make overnight arrangements locally. Call our office for assistance if needed.
- Dress comfortably. Please wear a button-up shirt – do not wear clothing that must be tightly pulled over the head.
- Please do not consume alcoholic beverages 24 hours before your procedure. They act as “blood thinners” and may also affect bleeding during surgery.
- Wash and shampoo your hair well both the night before and the morning of surgery, using your usual shampoo. Do not use hairspray or gel or apply any topical camouflage agents the day of the surgery. If you have any special skin situations (infections or severe seborrhea), let us know.
- Bring an airplane neck pillow to your procedure.
- Please eat a meal before your surgery. We provide refreshments, snacks, and lunch during the procedure, but it is important that you have had some food prior to surgery.



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Postoperative Instructions

It is very important to your well-being that you follow completely all instructions given to you by this office, and that we check your progress regularly following surgery.

DO NOT DRIVE UNTIL THE EVENING FOLLOWING YOUR SURGERY (24 HOURS). YOU MAY ONLY DRIVE IF YOU ARE COMPLETELY OFF OF THE OXYCODONE/NARCOTIC MEDICATION FOR >24 HOURS.

Swelling & Pain Prevention:

We have most patients take 3 (three) Prednisone tablets the day of surgery and then an additional 3 tablets a day for the next three days, which helps prevent post-op swelling in the forehead and eye area. If you have diabetes, recent peptic ulcer disease, or a history of Lyme's disease or other lingering infectious condition, then we skip prednisone. This reduces the incidence of forehead swelling to 5-10%. Normally with no treatment, it occurs in 30-40% of patients. When it does occur it is usually mild. It typically comes on day 3 after surgery and is gone 3 days later.

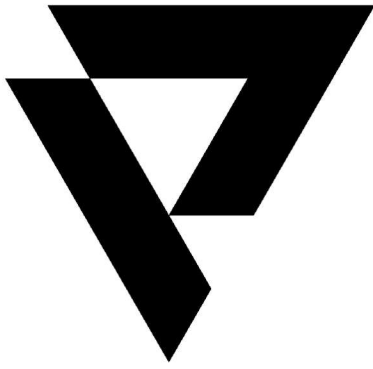
Some measures for helping to prevent the swelling which have been suggested over the years but are mostly anecdotal, not scientifically proven, are as follows: a) wearing a sweatband for several days around the forehead, b) Sleeping at night in a lazy-boy like chair with your head somewhat higher than your heart, c) ice packs to the forehead area (do not place directly on the grafts). We do recommend sleeping with your head elevated as much as physically possible for the first week.

If discomfort or pain should occur, it will usually be in the donor area, not on top. Please take the pain pills as prescribed. Before bedtime on the first day, we urge you to take tylenol to make your first night's sleep comfortable.

We recommend placing a chux pad on top of your pillow for the first couple of nights. Keep the white side up and the blue side against the pillow, or use a towel. If there is any bleeding at the donor site the night of surgery, it is usually controlled by applying firm pressure or a cold pack for twenty minutes. If the bleeding continues, please call us. A small amount of bloody seepage onto the chux pad is fairly normal and is nothing to be alarmed about.

General Activity:

Moderation in physical activity is recommended for the first 4-5 days after surgery. Some lighter activities, such as a brisk walk, playing catch or a round of golf are ok the next day. Activities requiring wearing a helmet or the possibility of hitting your head should be avoided for 7-10 days.



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If a graft should pop out, dab the area gently to stop any bleeding. If you can keep the graft moist in a tissue it may be possible to replant it. Call our office as soon as possible but one lost graft should not affect your result. In most cases, the graft becomes dried out and is impossible to replant. Do not worry about missing one graft.

Avoid swimming in a pool for 7-10 days after surgery. Wearing a wide brimmed hat is a good idea the first six months if exposed for long periods of sun outdoors. The inflammation of acute sunburn could potentially damage the grafts.

The Day Following Surgery: Day #1

After 24 hours, remove the surgical cap if one was placed. Using your spray bottle of saline, generously spray/soak the tape and bandages on your head until they easily come off. **AVOID RIPPING OFF THE BANDAGES.** You may shower from the neck down 24 hours after your surgery (usually the evening following your transplant) but **DO NOT GET YOUR HEAD WET IN THE SHOWER.** If any areas inadvertently get wet along your head, just let them air dry. Do not use a blow dryer or towel over the head at this point.

We supply a saline mixture that should be sprayed onto the transplanted area after your shower (10 sprays every hour during the day and continued for seven days). (*See last page for Saline Recipe). This helps with graft hydration and loosens some of the scabbing.

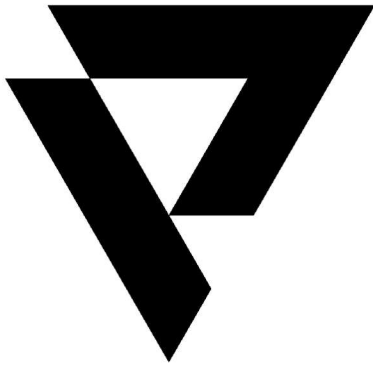
Day #2

After 48 hours, you are cleared to get your head wet in the shower with the following precautions: Use a cup or pitcher of water to gently pour warm water over your head. Do not shampoo or condition your hair today.

Continue with taking the prednisone according to the directions. The grafts will look like little red dots all over the grafted area and will be slightly raised on the head.

Day #3

After 72 hours your grafts should more strongly fixated into place. When you shower today, you will use the pads of your fingertips to gently massage the shampoo with water over your whole head. **DO NOT USE YOUR FINGERNAILS.** Using the pads of your fingers, gently lather. If you feel that your hair is such that you feel that a conditioner is needed, you may use this in the same way and rinse well with the cup/pitcher. If any area begins to bleed, apply pressure with a clean dry cloth or washcloth. If that happens, it is probably best to end the cleaning efforts for that day. You may blow dry your hair if you must (use warm or cool setting instead of the hottest setting), or you can just let it air dry again.



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Remember, do not rub your head dry with a towel. If you use a hair brush/comb, be careful not to disturb the grafts. If there was a little oozing of blood, etc. you could use gauze/paper towels to blot the area, but don't rub the scalp with them.

The Bacitracin ointment on the back of the scalp may be difficult to remove on only one shampooing, but with daily shampoos, the ointment will eventually disappear. Another trick for getting rid of any ointment left on the scalp is to put some baby oil (such as J & J) on the scalp and rub gently on the scalp for a couple minutes. Then shampoo the scalp with your shampoo or with dish detergent such as Dawn liquid.

If you have any small areas of dried blood stuck to the scalp, don't be overly vigorous in trying to remove them, but just let the showers of the next couple days gradually do this.

Numbness: The top of the scalp will stay numb to some degree for a few months after the transplant. This is caused by the interruption of some of the superficial sensory nerves that pass through the skin in the donor area. These nerves re-grow slowly and most (usually all) of the feeling returns.

Days #4 – 7

You may shower more normally, but be sure to keep the spray gentle, if possible. If the spray is too powerful, then you can simply place a washcloth over the head to buffer the force of the spray or continue to use a cup or pitcher to pour warm water over your head in the shower.

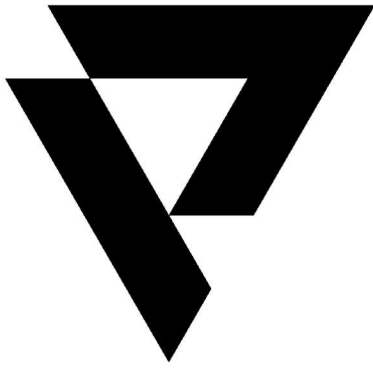
The scabs will begin to fall off after the daily hair washings, especially the scabs of the FU smaller grafts. When these scabs fall off, the short transplanted hair that was in the scab will also often fall out along with it. This DOES NOT mean you have lost that graft. The follicle that was transplanted is alive and well under your scalp and will grow a new hair, which takes anywhere from 3 to 6 months or more. The seeds of the follicle have to form a new blood supply before sprouting from the scalp.

If you have been using Rogaine, you may resume using it the 5th day after surgery.

Camouflage:

There are a number of things you can do to help make it less obvious you recently had a hair transplant procedure:

- a. Some patients, especially those with very fair, pale skin, will have very slight redness at the sites for a few weeks. A light dabbing of a base make-up that matches your skin tone will cover up this redness nicely until it goes away on its own.



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- b. If you have a non-surgical hairpiece, we ask that you not wear it for a full week after your transplant. It is also important to have it converted to a “clip-on” attachment method and that you have it off whenever strictly required by work or social engagements. The more you have it off, the better your chances for all your transplanted hair to grow as well as in a non-hairpiece wearer.
- c. Wearing a loose fitting ball cap or scrub cap is fine AFTER THREE DAYS, if your circumstances and job allow for this.
- d. The scabs from the FU (1-3 hair) grafts generally fall off around 5-7 days after surgery. Applying a thin layer of ointment to the scabs every night will speed up these larger scabs falling off.

Recipe for Making Saline (Salt Water)

1. Use 1 quart of distilled water or boil 1 quart of tap water for 5 minutes. Do not use well water or sea water.
2. Add 1 teaspoon of table salt to the distilled or boiled water.
3. Mix the solution well until the salt is completely dissolved. Be sure storage container and mixing utensil are clean (boiled). Note: Cool to room temperature before using. This solution can be stored at room temperature in a tightly covered glass or plastic bottle for up to 1 week.

Walking is recommended after the surgery but avoid any activity that raises your heart rate or blood pressure. Between 1-2 weeks after surgery, you may progress to walking 3 miles for exercise. After 2 weeks, slowly reintroduce more effortful exercise into your routine. Do not engage in vigorous exercise or sports for at least 6 weeks, or until approved by our team.

We greatly appreciate the confidence you have shown in us by allowing us to assist you in improving your appearance and health, and you may be assured of our very best efforts to achieve the best surgical result possible for your particular individual anatomy and condition.