



INTERNATIONAL HAIR TRANSPLANT INSTITUTE
1070 Powers Place . Alpharetta . GA . 30004 Phone: 800.368.4247

Instructions After Your Hair Transplantation

Emergency Phone Numbers:

John Cole, MD	(540) 520-9999	Leith Leonard	(440)454-8026
Office (8:30 am-5:30 pm EST Only)		1-800.368.4247	

INSTRUCTIONS AFTER YOUR HAIR TRANSPLANTATION

The transplanted and sutured areas must be treated differently. Please review the following sections carefully BEFORE showering.

Transplanted Area

1. At the time of surgery, your scalp has been thoroughly cleaned of blood and crusts. This will minimize the amount of cleaning that you will need the first few days following surgery. Great care should be taken while cleaning the transplanted site during the first few days following surgery because it is during this period that the healing mechanisms of your body secure the grafts firmly in place.

The day following surgery, remove your bandage and shower, initially not wetting the transplanted part of your scalp (see below for sutured area). When you are finished washing your body and the sutured area, allow indirect running water to wet the transplanted area. Be careful not to allow the direct pressure of the water to hit the transplanted area. You may partially block the flow of the water with your hand. As soon as your scalp is wet, apply "Manage MD Shampoo" gently to the transplanted area by applying it lightly with the soft side of the sponge or with your fingertips. When using the sponge, use a rolling motion, **DO NOT RUB, AND DO NOT USE THE SPIKED SIDE**. Rinse with gently running water, but do not stay under the water for longer than ONE MINUTE. Remember, if the water pressure is too hard, partially block it with your hand. **DO NOT LET HARD WATER PRESSURE BEAT DIRECTLY ONTO THE TRANSPLANTED AREA**. After your shower, gently pat the area dry and leave it **OPEN TO THE AIR**.

2. The second day, repeat the process as above, but now allow TWO MINUTES for the rinse. The third day rinse for THREE MINUTES.

3. From the fourth day forward, you may rinse as long as needed. You may facilitate the removal of the crusts by gently pressing the area with the sponge, but be careful **NOT TO RUB**.

Sutured Area

1. Gently wash the donor (sutured) area with your hand using "Manage MD Shampoo". The shower water may hit the sutured area in the back of your scalp directly. If this is uncomfortable for you, turn down the water pressure or partially block the water with your hand.

2. The purpose is to soak off **ALL** the crusts from the suture line so that it will heal well. This may take 15 minutes or more in the shower. You will not hurt the sutured area by using directly running water or by rubbing or washing the area gently.



Instructions After Your Hair Transplantation

3. After the shower, pat the area dry and apply a layer of “Manage MD Post Surgical Suture Gel” so that it covers the ENTIRE suture line. You may reapply this throughout the day if the area feels like it is drying out. Continue applying the Suture Gel until the sutures are removed so that there is ALWAYS an ample amount along the entire suture line.

Repeat the showering procedure for at least TWO weeks. If at any time there is bleeding in either area, do not be concerned. Apply direct pressure with a dry cloth until the bleeding stops. This may take several minutes in the transplanted area and up to 20 minutes in the sutured area. If you have any concerns what so ever, please contact us.

You may dry your hair with a warm, NOT HOT, hair dryer. Regular hair spray should NOT be used for the first week. However, you ay use Manage MD Hair Spray with Sunscreen and Manage MD Texture Gel with Sunscreen to style your hair. **DO NOT USE ANY SCALP OR HAIR COLORING AGENTS FOR AT LEAST 14 DAYS AFTER YOUR PROCEDURE.**

Prescriptions & Medications

- **Sleeping Medication:** You have been given a prescription for Ambien 10 mg tablets to help you relax. If the 10 mg tablet is too strong, you can break the tablet in half and take half a tablet (5 mg). If the medication causes any problems, please call. **DO NOT DRIVE** under the influence of Ambien. **DO NOT DRINK ALCOHOL WHILE TAKING ANY MEDICATIONS GIVEN TO YOU.**

- **Pain Pills:** There is no need for you to experience pain after the procedure. You have been given a prescription for Vicodin (generically known as Hydrocodone) for pain medication. Take 1 or 2 of these tablets every 4-6 hours as needed. **DO NOT TAKE ANTI-INFLAMMATORY MEDICATIONS SUCH AS ASPIRIN, MOTRIN, NAPROSYN OR ADVIL, FOR 72 HOURS AFTER YOUR PROCEDURE,** as this may increase the chance of bleeding. You may take plain or Extra-Strength Tylenol.

- **Hiccups:** Do not drink carbonated beverages (such as beer, Coke, Pepsi, or any other diet or non-diet soda) for three days following your procedure, as this increases the occurrence of hiccups during the recovery period. If hiccups do occur, they may persist for several days and can be exhausting. If hiccups occur, please call our office and we will prescribe two Thorazine tablets to help alleviate them. Take the two tablets immediately when the hiccups occur. If the hiccups do not stop within one hour, call the doctor with the phone number of a local pharmacy so the doctor may prescribe an additional five tablets of Thorazine. Take one additional tablet every four hours until the hiccups stop. **DO NOT TAKE VALIUM AT THE SAME TIME AS THE THORAZINE AND DO NOT DRIVE, AS IT MAY MAKE YOU SLEEPY**



Instructions After Your Hair Transplantation

Bleeding

Before you leave the office, all bleeding will be controlled. Rarely, some bleeding may occur after the procedure. If bleeding occurs, put firm, continuous pressure on the area. We suggest using a rolled up, clean towel and lying your head on top of it. **APPLY CONTINUOUS PRESSURE FOR A FULL 20 MINUTES.** If the bleeding does not stop, call us at the above numbers and follow the directions given. **If you are unable to contact us at the above numbers then go to the nearest Emergency Room and show this three-page sheet to the physician on duty.**

Swelling

You have been given medication to prevent swelling. If there is swelling, it usually occurs around the 3rd or 4th day, in the lower forehead and eyelid area. The swelling is harmless and generally lasts only a day or two and will resolve by itself. If the swelling is associated with pain, tenderness, chills, or fever, call our office. Sleep with your head raised at a 45-degree angle for the first 3 nights after the procedure; this may help to prevent swelling. You may use a recliner chair or 3-4 pillows.

Lost or Dislodged Grafts

There is little you can do if a graft is dislodged. This occurs with approximately one graft for every 1,000 placed.

Exercise, Alcohol, Smoking, and Other Restrictions

The day after hair transplantation, take it easy. You may perform normal daily activities for the next three days and moderate exercise for the next 14 days. After two weeks, you may resume your normal daily activities. Do not lift heavy weights for the first two weeks after the procedure, (this includes heavy grocery bags, gym bags, etc.,). Avoid direct trauma to the head for two weeks after the procedure. Abstain from sexual intercourse, alcohol and smoking for THREE days after the procedure. If possible, it is best not to resume smoking until your sutures are removed.

Sun

Please avoid unprotected exposure to sunlight for 3 months. Wear a hat when you are going to be outside or use a strong sunscreen with an SPF of 30+ .

Infection

Rarely, a graft may become infected. Slight redness, swelling, and tenderness are to be expected for the first few days after a procedure. If the redness, swelling, or tenderness increases after the second day, call us. Occasionally, swelling with or without tenderness may develop over a graft that was done several months earlier. Ingrown hairs may cause a cyst to develop in the area of a graft. We can treat these easily in the office.

Folliculitis is a low-grade inflammation or infection of the hair follicle. This presents as small white pustules or redness around individual hairs. This may occur up to three



Instructions After Your Hair Transplantation

months after your transplant. If this should occur, please contact our office. This may require antibiotic treatment.

If the sutured area becomes infected, swelling, pain, or tenderness may be present in this area. Fever and/or chills are also indications of infection as well. There also may be a discharge or pus in the suture line. If any of these conditions should occur, please contact the office.

Numbness

Numbness, tingling or similar sensations may occur temporarily on your scalp. These are the results of cutting small nerve endings in the skin during the course of harvesting the donor grafts and creating the recipient sites. This generally disappears within a few months, as nerve endings re-grow.

Suture Removal

The sutures in the donor area must be removed. They are generally removed 14 to 21 days after the procedure. If you do not have these sutures removed, excessive scarring may occur.

___ Your appointment has been made at IHTI for suture removal on _____.

___ You should have your sutures removed by the physician of your choice in ___ days.

___ You have been given absorbable sutures that will dissolve in 2-3 weeks. Please call us if you experience any untoward effects.

A Note to the Emergency Room Physician On Call:

Should this patient need emergency treatment, and a IHTI physician cannot be reached, please do the following: Remove the dressing carefully. The bleeding (which is rare) virtually always occurs in the donor (occipital area). Place one or more sutures to effectively control a bleeding point; reapply simple turban pressure dressing and instruct the patient to come to the nearest IHTI Medical Group facility within one to two days following the emergency.