

# Shapiro Medical Group

## Advanced Hair Restoration

### Post Operative Instructions

**Hair restoration is a delicate procedure. Your adherence to the following instructions is essential for optimal results.**

#### GRAFTCYTE® SPRAY

After the surgery, you will be provided with a bottle of Graftcyte solution. This solution will help your grafts heal faster. Starting the evening of surgery, you should gently spray this solution on your grafts and donor scar line twice an hour until bedtime.

When you apply the Graftcyte solution, be very careful. Apply a very light mist only. Leave the mist on the grafts to keep them slightly moist. You can pat your forehead dry if any fluid trickles onto your forehead.

The day after surgery, continue to use the Graftcyte spray twice an hour. We know that it is not always convenient to spray your head in public, so it is okay if you miss a few applications. Continue to use the Graftcyte spray daily until the bottle is gone, which should take up to 4 days.

#### CLEANING AND SHAMPOOING - THE GRAFTED AREA

If the morning after your surgery is a business day, you are invited back to have one of our technicians give you your first shampoo. Shampoo time is anywhere between 9:00AM and 10:00AM. If you are unable to make it into the clinic for a next day shampoo or if the clinic is not open, we suggest that you wait until evening of the day after surgery to shampoo for the first time.

##### **Starting the evening after surgery and for the next five days, wash your hair as follows:**

Wash your hair standing upright in the shower; however, you will not be using the showerhead, as it is too strong for your grafts. Instead, bring a plastic cup or bowl into the shower and wet your hair by gently pouring cool temperature water over your head until hair is saturated.

Lather shampoo in your hand (most drugstore shampoos are fine; avoid medicated shampoos or built-in-conditioners for 10 days).

Gently pat the lather onto the grafted area. Do not rub. Let the shampoo sit on the grafts for five minutes. Rinse suds using cool water from a cup or bowl.

Air dry or gently pat hair dry with a towel. Do not rub grafts to dry them. If desired, a cool blow dryer can be used after 24 hours to dry the grafted area.

##### **Starting five days after surgery:**

After five days, your grafts are thoroughly adhered.

You may now begin standing under the shower head (assuming that the water pressure is not unusually strong).

At this time you may begin to help loosen the scabs that have formed around the grafts. Do not use fingernails to pick off the scabs, as this may result in scarring. Simply use the pads of your fingers to gently rub them while you are shampooing.

It is still important to shampoo every day until all the scabs have fallen off. Once all the scabs are gone (10-14 days), you may resume your normal shampooing routine.

#### CLEANING AND SHAMPOOING - THE SUTURED DONOR AREA

The sutured donor area should be washed daily, beginning the evening after surgery and until the sutures have been removed.

Use shampoo to wash the area using firm but gentle side-to-side motions (not up and down).

The suture line may be tender the first few shampoos. As tenderness diminishes, you may wash the area more aggressively as there are no grafts in the donor area. The cleaner you keep this area, the less likely you are to have irritation and itching associated with scabbing of the area.

## **ROGAINE® FOAM**

Some studies indicate that use of Rogaine Foam following surgery may improve the growth of the grafts. We suggest using the 5% Rogaine foam twice a day. Because of possible irritation to the scalp, we suggest starting the Rogaine two weeks after surgery.

## **EXERCISE AND ACTIVITY**

It is important that you avoid exercise activities for five days. Too much activity could cause swelling, bleeding and loss of grafts.

After five days you may resume MILD exercise, continuing to avoid heavy activity such as running and weight lifting.

After 10 days, regular activity can be resumed.

Sleep with your head slightly elevated (two to three pillows) for three days after surgery to prevent bleeding and swelling.

Bend at the knees instead of the waist when picking up objects and tying shoes.

Be careful not to bump your head. Your head will be numb. Some have a tendency to bump their head when getting in and out of the car.

## **HAIR COLORING**

Hair coloring should be taken care of prior to surgery. If not, you must wait 2 months after surgery to do any hair coloring.

## **ATTIRE AFTER SURGERY**

Wear a button down shirt for 5 days after surgery. Do not wear a shirt you have to pull on over your head as it may cause the newly placed grafts to loosen.

If wearing a baseball cap, carefully place the bill of the hat on your forehead, and then pull back down. To remove your hat, carefully lift the back of the hat up and off first. Remember to wear loose fitting hats.

Hats are not necessary unless you are in direct sunlight. In this case, a hat should be worn to prevent sunburn of the grafts.

## **BLEEDING**

It is normal to bleed slightly overnight. To protect your linens, you may want to put a towel over your pillow for the first few nights after surgery.

If slight bleeding occurs along the sutured donor area, apply firm pressure with the palm of your hand using the gauze provided. Hold pressure for a full ten minutes without pause, and the bleeding should stop.

If one or more grafts start to bleed, hold a gentle pressure with the pads of the fingers, using other gauze provided. Avoid using only one finger when holding pressure as this may result in other grafts popping up. You may also spray the area with the Graftcyte spray provided before blotting lightly with gauze.

If either area continues to bleed after holding pressure, please call us at one of the phone numbers provided on the last page of this document.

## SWELLING

Starting the evening of surgery, and for the next three days, you should apply an ice pack to your forehead (NOT to the grafted area) for fifteen minutes, AT LEAST four times a day.

Realizing that swelling may not appear for three days (72 hours), you should continue to ice even if you don't see any swelling. This is a preventative measure.

You may also apply ice to your sutured donor area if it is comforting for you. This may reduce swelling along the sutures and help relieve some pressure.

## 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 Patient Care Line, as the doctor may want to prescribe medication. Folliculitis will not affect your outcome.

## SWIMMING AND SUN

Avoid swimming for ten days. Avoid direct sun exposure on the grafted area for four weeks.

For the next few months, if you are going to be in the sun for an extended period of time (golfing, beach, etc.) keep a hat on, or use sun block (after 10 days) on the grafted area. Sunburn may result in discoloration of the area.

## ALCOHOL

DO NOT drink alcohol as long as you're on the pain medication. Alcohol thins the blood and may cause bleeding. The pain medication we provide cannot be mixed with alcohol.

## CIGARETTE SMOKING

Many scientific studies show that cigarette smoking impairs wound healing. To ensure the best healing and survival of the transplanted hair we suggest that you discontinue smoking for at least one month prior to your surgery and not to smoke for at least two months after your surgery.

## NUMBNESS

Some numbness at the suture line and at the graft sites most likely will occur. This 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.

## PRESCRIPTION MEDICATIONS

**Prednisone (20mg):** Starting the day after surgery, take one tablet, twice a day until gone. This medication may help prevent swelling and should be taken with a glass of water and food.

**Vicodin (Hydrocodone 5/500mg):** Take only if needed! Take one to two tablet(s) four times a day for pain. This is a mild narcotic pain medication. It is recommended that you take as prescribed the first night of surgery. After the first night, you only need to take it if needed for pain not relieved by Tylenol. This medication will cause drowsiness. DO NOT drive while taking Vicodin. This medication should be taken with food.

## **SUTURE AND/OR STAPLE REMOVAL**

Sutures and or staples should be removed between 10 and 14 days after surgery.

We perform suture removals Monday through Friday 9:00am -10:00am and 2:00pm -4:00pm. Please call ahead if these times do not work for you. Sutures can be removed by your primary care physician, or we can recommend a doctor in your area.

## **SHAPIRO MEDICAL CONTACT NUMBERS**

If you have any problems or questions, please call the Patient Care Line below. This number goes to the cellular phone of our surgical manager. She will be able to answer your questions and or contact the physician if necessary. Physician emergency numbers are also listed below.

- **Daytime Office Phone Number (Minnesota): (952) 926-0000 or 1 800-843-1989**
- **Patient Care Line: (612) 723-2021 or email-[Janna@shapiromedical.com](mailto:Janna@shapiromedical.com) - Janna Shafer, Surgical Manager**
  - **Dr. Ron Shapiro – Emergency Number: (612) 669-7442**
  - **Dr. Paul Shapiro – Emergency Number: (612) 670-8248**