

BEACHES FACIAL PLASTIC AND NASAL SURGERY CENTER

1361 13th Avenue South, Suite 125

Jacksonville Beach, FL 32250

Scott Trimas M.D.

HAIR TRANSPLANTS

Pre-Transplant Treatment

Face should be clean of any makeup.

Wash hair thoroughly prior to coming into office.

Arrive 30 minutes to one hour prior to procedure if you would like to take a relaxing pill.

Post-Transplant Treatment

You will have a pressure dressing that will be removed in the office the day following your procedure. Your hair will be washed in the office at that visit.

Wash hair twice daily with Baby shampoo. It is important not to let your hair soak in water for too long during your hair transplant post op cleansing. After 2 weeks you can begin to resume your normal styling rituals..

Avoid direct sunlight to area for 2 weeks.

Avoid strenuous activity or contact sports for 2 weeks.

Sleep elevated with 2 or more pillows to decrease bruising and swelling.

Do not pick at any scabbing that forms.

Avoid scratching the grafts for 10 days. You can apply a 1% hydrocortisone cream twice a day or take oral Benadryl 25mg every 4-6 hours to help decrease itching.

Avoid smoking for 10 days.

You may ice every hour for 15 minutes for 2-3 days to decrease bruising and swelling.

Staples at the donor site will be removed 2 weeks after the procedure.

Supplies Needed: Baby Shampoo, 1% Hydrocortisone cream, Benadryl tablets

IF YOU HAVE ANY QUESTIONS REGARDING YOUR TREATMENT CALL 904-249-2580