



DAILY POST OPERATIVE CARE SCHEDULE

EVENING OF FUE (DAY 0):

Make sure you eat a meal after surgery, as taking medication on an empty stomach may cause nausea. Take prescribed pain medication as instructed or Tylenol when you get home.

Do not wash or wet your hair the night of surgery. Allow the grafts to heal in place. Prior to bedtime, apply cool packs to your forehead for 10 –15-minute intervals to help with swelling. If a bandage was placed on your head after surgery, remove this carefully as directed by the staff the morning after procedure.

For sleeping after surgery, an airplane “U” shaped pillow or rolled up towels placed behind your head and around your shoulders will help with comfort and to protect the surgical area. If possible, sleep with your head and shoulders elevated. An EZ-chair is ideal.

DAYS 1-2:

DO NOT ALLOW THE SHOWER TO SPRAY ON THE GRAFTED AREA for 1 week and DO NOT RUB THE TRANSPLANTED AREA. Add a dime size amount of LOCKrx BIO CLEANSE shampoo to a plastic cup and fill the cup with warm water. Pour this over your transplanted area several times to clean the transplanted area.

After the shower gently blot your hair with a towel (or allow it to air dry) and brush hair in the back of the scalp gently. Do not rub your hair dry. This may dislodge the grafts. The hair may be blow-dried using a low and cool setting.

DAYS 3-6 FOLLOWING SURGERY:

Continue to shower once a day as described above until the shampoo given to you runs out and then you may resume using your regular shampoo (do not use dandruff, herbal or medicated shampoo).

If itching occurs, gently mist the area with LOCKrx CALM (in your take-home bag) and spray the grafts 3-4 times daily to avoid itching. When using CALM, remember to keep them moist, but not wet. DO NOT SOAK. You may continue to do this until the entire bottle is used, or until the scabs are gone. Do not be alarmed by the hair shedding from the graft. This is normal and may take 3-4 weeks to complete, even after all the scabs have fallen off.

FOLLOW UP CARE:

You will need to schedule a post-surgical follow-up appointment with our office to discuss the best methods to protect your investment.

Please schedule with your physician prior to leaving.

HEALING:

Important: At 1–4 weeks post-op, you can expect that some transplanted hair will begin to shed.

It is natural to lose some of the hair shafts from the graft as the scabs fall off. This is a normal process and should not be a concern.

Leave your scalp open to air as much as possible. Avoid the use of hairpieces for 21 days after surgery. If you plan to wear these, let us know so we can instruct you on proper positioning.

The transplanted area should not be exposed to prolonged, direct sunlight for 3 months. You may use a hat to cover the transplanted area, but be careful putting the hat on and taking it off so it does not rub the transplanted area for at least 2 weeks. Ask the staff and we will demonstrate how to do this.

Immediately after surgery, you should take it easy. The best thing to do is to sit in a comfortable lounge chair and read, watch TV, or nap. Try to keep your head upright during the day. It is important not to exert yourself for at least 2 weeks after surgery.

Refrain from alcoholic beverages for 1 week.

Nicotine in cigarettes may lead to tightening of the blood arteries impeding the body's natural wound-healing process and consequently compromising tissue repair following a hair transplant. Hair transplant patients are recommended to quit smoking 1 week prior to surgery and 1 month after surgery. Failure to follow this recommendation can lead to excessive bleeding, extensive crusting of the scalp after surgery, and increased discomfort from itching and irritation.

Refrain from using aspirin and/or related drugs for 1 week. Tylenol is an approved medication during this time. The day after the procedure, you may go back to taking all your regular medications.

COMBING:

Avoid combing or brushing over the transplanted area for seven days, and after that be very careful not to catch the comb on the grafts. The donor area in the back can be combed immediately.

NUMBNESS:

You will most likely experience numbness at and around the area that has been transplanted. Sensation will begin to return in approximately six to eight weeks following surgery but may last several months.

CRUSTS:

The crusts will fall off in 1 to 2 weeks. Do not pick them off. Following the cleaning and spray instructions will help minimize prolonged crusting.

TEMPORARY HAIR LOSS (SHOCK LOSS)

Temporary hair loss, or shock loss, may occur along the incision line or other areas of the scalp. This is due to the irritation of the hair root from the surgical procedure. Hair growth will start to return around 3 months, the same time the grafts should be starting to grow.

LOSS OF TRANSPLANTED GRAFTS:

The grafts take about 2 to 3 weeks to become part of the surrounding scalp. It is important not to bump or rub your head during this time as this could result in loss of the transplanted grafts.

REDNESS TO SCALP:

There may be a red hue to the scalp at the transplanted site. This will resolve over time. This is completely normal, so please do not be concerned.

PAIN:

There is usually minimal, if any, discomfort after a transplant procedure - even after a large number of grafts have been placed. Occasionally, some patients will have a significant headache – most commonly in the donor area. You will be supplied with medication to relieve the pain. We have found that patients who take the ibuprofen as directed have very little discomfort following surgery. Do not drive or operate machinery while taking the prescription pain medication.

ITCHING:

You may experience some itching either in the transplanted area or in the donor area following your hair restoration procedure. In general, itching is part of the healing process and should not be a cause for concern.

Use LOCKrx CALM, provided in your post operative kit to combat itching and irritation to support skin and follicle healing time at home. Repeat application as frequently as necessary to help control itching and to keep areas hydrated and sanitized. Do not saturate the area.

A common contributing factor to itching may also be dryness. Keep Polysporin ointment on the donor area and the grafted area starting 4 days following the procedure for moisture if needed. If the itching at the donor site is bothersome to you, purchase Hydrocortisone Ointment 1% in 30-gram tubes which may be bought over the counter. This medication must be in an ointment form, not a cream. This may be applied to the donor (incision site) areas that itch, as needed, up to 4 times a day. Do not apply to the grafted area.

Do not scratch the scalp as this may dislodge grafts. You may also experience itching as the new hairs grow in.

ACTIVITIES:

The day after your FUE, take it easy. You will be tired from the surgery and the medications received. If possible, spend this day at home, or in a comfortable place, and concentrate on showering properly and following the post-op instructions. Abstain from sexual activities and alcohol for 3 days after the procedure. If possible, it is best not to resume smoking for a minimum of 1 week following a procedure, but we recommend 1 month to ensure proper healing.

SUN:

Please avoid unprotected exposure to sunlight for 3 months. Wear a hat when you are going to be outside for a prolonged period of time (greater than 20 minutes). The staff will show you how to put on and take off the hat to minimize any risk to the transplanted grafts. After 3 weeks, you may apply a strong sunscreen with a SPF of 15+ to the transplanted area.

GROWTH OF TRANSPLANTED HAIRS:

Remember, new hair growth will not start for at least 3 months. Before this, the transplanted hairs will shed, and the grafted area will look bare. Be patient during the growth process. It takes a full year or more to achieve the final result. The outcome will be well worth the wait.

A few important notes:

- The hair that was transplanted goes into a "rest phase" and will not start to grow for about 3 to 6 months. Some hairs may take off and grow from the start, but these are the exception.
- When the small scabs from the transplanted grafts fall off, the short bristly hairs that are in the scab usually fall off also. This does not mean that you have lost that hair or that graft unit.

- It is important to keep your scalp clean in the weeks and months following surgery to allow the new hair to come through the skin. Remember that you can shampoo as you normally have done 3 weeks after surgery. 2 months after surgery, you may develop a small, swollen "cyst" under one of the graft sites (usually 2 – 3 months after the transplant). This is not uncommon after FUE; virtually everyone will develop a few pimples in the recipient area starting at about a month following hair transplant surgery and continue for several months. This happens because new hairs are trying to break through the skin. They occasionally can be confused with a true infection, but pimples tend to resolve on their own in 3 to 4 days. They generally do not require treatment. Larger pimples can be unroofed by removing the thin top layer of skin with a sterile needle, and then any fluid can drain. If more than just a few develop at one time, or the skin in a larger area becomes swollen, red, tender, and hot, then you should call the office immediately as antibiotics or drainage by the doctor may be necessary.

***NOTE:**

Start taking the LOCKrx hairceutical products 10 days after surgery (there is a 30-day supply in the take home bag). Refer to the instructions on each bottle and take accordingly.

This program helps minimize further hair fall and strengthens and revitalizes existing hair. Clinical studies utilizing all three products (DEFENSE, BLOCK and GUARD) as part of an ongoing program show less hair fall and more rapid growth in as little as six weeks. You may purchase your next month's supply at the office or on line: www.lockrxhair.com. Ask your physician if a discount code is available.

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694 or Dr. Goldfarb's cell at (215) 287-9500.

You can also email us at team@lachele.com