

# AESTHETIC MAXILLOFACIAL, FACIAL PLASTIC AND RECONSTRUCTIVE SURGERY

## PATIENT GUIDE TO HAIR TRANSPLANT SURGERY

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### PRE-OPERATIVE CHECKLIST:

- Do not eat or drink anything for **8 (eight) hours** prior to your surgery. Sips of water to take regular medications are allowed.
- Do not wear make-up, jewelry, or contact lenses the day of surgery. Leave valuables at home.
- A responsible adult must accompany you and be available to drive you home after your surgery.
- Wash your face with **Hibiclens** soap at bedtime and in the morning just before coming to the surgery center. Do not apply lotions or conditioners to the clean skin.
- If possible, obtain your suture line care materials, heating pad, medicines, etc. before the day of surgery.
- Take your vitamins (vitamin A, C and bromelain) as directed.
- You should **not take aspirin**, (e.g. anacin, bufferin, excedrin, cold medications), **garlic, vitamin E or Ginko biloba** FOR AT LEAST TWO WEEKS before your surgery.
- Smoking** should be stopped at least two weeks before surgery. Smoking impairs circulation; good circulation is needed for good healing. An adequate blood supply results in a good surgical result for you.

### POST-OPERATIVE INSTRUCTIONS:

#### CARE OF YOUR Scalp STITCHES

Supplies needed:

- 1) Bacitracin ointment
- 2) Cotton Tipped Applicators (Q-Tips, etc.)
- 3) 3% Hydrogen Peroxide, fresh bottle

- (A) Mix 2 Tbsp peroxide with 2 Tbsp tap water in a small container. Discard each time, do not save mixture.
- (B) Use Q-tips and peroxide solution to clean all blood and material from the **incisions only**. DO NOT leave any crusts or blood on the stitched areas. Repeat a minimum of 3-4 times per day.
- (C) Cover the incisions with ointment - DO NOT allow ANY area to dry out or scab over.
- (D) Do not apply any bandages or other materials to the surgical area unless otherwise instructed.

**HAIR CARE** - We will wash your hair for you during your initial postoperative visits. **Do not wet the transplanted (graft) sites for 2 days following surgery.**

**On day 2** you may do a gentle wash with baby shampoo on the side and back of head using cups of water. No running water – stay away from the transplant sites. Pat dry and clean the donor site incision on the back of your head with the peroxide and water mixture, apply antibiotic ointment.

**On day 4** pour cups of luke-warm water over grafts 3-4 times a day.

**On day 7** you may use warm towel soaks over the transplant sites to loosen scabs and start a gentle wash with baby shampoo around the graft sites under a shower.

**Let the scabs fall off on their own, do not pick scabs.**

**DIET** - Adequate fluid intake is important. Fruit juice, water, and soft drinks sipped frequently will help relieve some of the dryness in your mouth caused by breathing through it. Eat soft, easily chewed foods. After one week slowly resume your regular diet.

**POSITION** - **Elevate your head** and back using at least two pillows when you sleep or rest. This is important for the first week after surgery to minimize swelling.

**ICE** - **Ice** must be used over the surgical area 40 minutes of each hour (20 minutes on, 20 minutes off) as much as possible during the first 48 hours, while you are awake. Protect the skin from excessive cold by placing a damp cloth between the skin and ice pack.

A bag of frozen peas often conforms better to the shape of your scalp.

**ACTIVITY** - (A) - During your first post-operative day, stay up as much as possible. You should sit, stand, or walk around rather than remain in bed during the day. This will maintain normal circulation and help reduce swelling.

(B) - Avoid bending over or lifting more than 5 pounds during the first week.

(C) - Take extra precaution to protect your face and neck from bumps, hits or injuries for at least 2 weeks after your surgery.

**SPORTS** - No swimming, gym, or strenuous activities for one week. No surfing or diving for 1 month.

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**SUN EXPOSURE** - Protect the facial skin from excessive sun exposure for one month after surgery. Ordinary exposure is not harmful, but a sun-screen should always be used.

**MEDICATIONS** - **Pain medication** (Percocet, Lorcet etc.) take one tablet when you arrive at home. Additional tablets may be taken one to two tablets every 4-6 hours as needed for pain. CAUTION: **Do not drive or operate machinery while taking pain medications containing narcotics.**

**Antibiotics** - Depending upon the type of antibiotic prescribed you will be instructed to take one tablet 2, 3, or 4 times per day. The important point is that you must take them until they are gone.

**Dexamethasone** (Decadron) this medicine is used to control swelling and inflammation. Take one tablet three times a day until done.

**Aspirin** - **avoid taking aspirin** or aspirin containing compounds (anacin, bufferin, etc.) during the first week after your surgery.

**PLEASE REPORT ANY OF THE FOLLOWING TO OUR OFFICE:**

- (A) Sudden or excessive bleeding, swelling, or bruising.
- (B) Any itching, rash or reaction to medications.
- (C) Fever, temperature over 100 degrees (taken orally).
- (D) Discharge from the incision (other than blood).
- (E) Any injury to the face.

**If you have any questions or problems, please do not hesitate to contact our office for assistance at 326-2040 Dr. Hiranaka can be reached after hours at 322-0202 We are available 24 hours a day.**

**POSTOPERATIVE EXPECTATIONS AFTER**  
**HAIR TRANSPLANT SURGERY**

- \* Some mild bleeding/oozing is common during the first 24 hours. Large amounts of bright red blood should be reported to your physician by telephone.
- \* Mild to moderate swelling and bruising is normal and may last 7-10 days. Swelling may be the most severe 2 to 3 days after the procedure. The bruising often descends from the forehead to the cheeks. Sometimes the bruising extends down to the jaw. These areas can be easily covered with make-up.
- \* Your forehead, eyebrows and upper eyelids will feel numb. This will improve with time. Sometimes a small area of numbness is permanent.
- \* It is not unusual to experience some physical and emotional fatigue during the initial healing period from the anesthesia during your surgery. You will feel stronger in a day or two.
- \* Depression 12 to 36 hours after surgery is not unusual. You may be surprised at the initial appearance of your face. Remember to be patient and realistic. Your face/forehead has suffered surgical injury and it will improve with time. Approximately 80% of the swelling will resolve in 2 - 3 weeks. It may require a six to 12 month period for the remainder of swelling to completely resolve.
- \* It usually takes **three months before the hair transplants begin to grow**. Sometimes you will notice that some of the original hair has fallen out - these will grow back. Please be patient. Your final result is not apparent until 6 months after surgery.

I have read and understand the above instructions, my questions have been answered by the nurse and/or doctor. I agree to comply with these instructions. A copy of these instructions has been provided to the patient for reference.

\_\_\_\_\_  
**Patient Signature**

\_\_\_\_\_  
**Date**