

## IMMEDIATELY AFTER YOUR HAIR TRANSPLANT

- Bleeding:** A small amount of bleeding is expected. If you notice any bleeding, fold a clean bath cloth or use the gauze provided for you in your aftercare bag, and apply firm, constant pressure to the area for 20 minutes (do not keep rechecking during this time). Remember hot beverages and activity may increase bleeding. If excessive bleeding persists, call Dr Griffin at home (770) 396-1707 for further instructions.
- Bandages:** Although a postoperative bandage is rarely used, occasionally Dr. Griffin will opt for a bandage if excessive bleeding is noted intra-operatively. If a bandage is used, it will be removed the next morning at your postoperative visit. The scalp is then shampooed and all postoperative care is discussed.
- Pain:** Pain is usually mild to moderate and is more frequent the first six to eight hours after the transplant. Your prescriptions will control any discomfort you may encounter. We recommend that you start taking pain medication when you arrive home to prevent a pain cycle. Remember to always take pain medication with food to avoid an upset stomach.
- Medications:** Please take all your postoperative medications as directed and as needed. Additional medications may be ordered as indicated for you by Dr. Griffin.
- Crusting:** Crusting or scabbing will occur to a minor degree after transplantation. A minimal amount of oozing/bleeding follows surgery. Postoperative aftercare, such as soaking and spraying the grafts with supplies provided, will minimize crusting. Most crusting will be completely resolved in seven to ten days, leaving a hint of pinkness around the grafts. The pinkness, if present, will fade in three to six weeks.
- Swelling:** Occasionally, there is painless swelling of the forehead and/or bridge of the nose that may develop three to five days after surgery. An anti-inflammatory will be prescribed during your preoperative visit. Sleep with an extra pillow propped under your head for three nights postoperatively. This should greatly reduce the risk of postoperative swelling.
- Shampooing:** After surgery, cleanse your scalp by gently patting shampoo over recipient sites. If you have a low to medium flow shower, you may stand directly under the water; otherwise, use a cup or pitcher to gently pour water over your scalp to rinse shampoo. Pat dry with a clean towel. **DO NOT** manipulate or agitate grafts with fingers during the first week post-op! On a cool setting you may use a hair dryer, but do not rub the scalp. Use the mild shampoo provided to you for the first week post-op. Begin normal shampooing seven days after the transplant. Medicated shampoos can be started after the second week.
- Hair Care:** Hair coloring, perms and other chemical treatments should be planned during the week prior to surgery and/or one month after. A short haircut is not advised before surgery, as longer hair will provide more coverage to conceal the grafting site. However, the hair may be trimmed 2 – 3 weeks after surgery, if you desire.
- Activities:** Limit all activities for the first week following surgery.

- Sun Exposure:** Avoid direct sun exposure to the grafted areas for three months post-op. Sun exposure increases the risk of hyper-pigmentation to the scalp. Wear a hat or sunscreen to protect the grafts when outdoors.
- Graft Care:** You will be provided with all necessary aftercare supplies following your surgery. Use these supplies to soak and spray the grafts several times daily for the first seven days post-op. To soak the grafts, saturate the gauze given to you with the saline solution and place on top of grafts sites. **DO NOT MANIPULATE!** This gauze acts as a sponge to draw off excess drainage and keeping crusting to a minimum. Spray the grafted areas with the copper peptide healing solution as directed. Use this spray to mist grafts between saline soaks.
- Rogaine:** Rogaine can be resumed seven days post-op. Retin-A should not be used for two weeks.
- Alcohol:** No alcohol for two days after surgery.

## **AS YOU HEAL AFTER YOUR HAIR TRANSPLANT**

- Hair Growth:** The transplanted grafts may shed during the first two to three weeks after surgery. New growth is noted three to four months post-op. Dr. Griffin likes to see all patients after four months to evaluate their progress.  
**NOTE:** Some patients do not begin new growth until five to six months post-op.
- Hair Loss:** Dr. Griffin uses tiny, custom-sized blades to create the openings for the recipient grafts. Occasionally, some of the existing hair is cut short which may give an overall “thinner” look. These hairs start growing back immediately. Very rarely, the transplanted area may be pushed into a “shock” state; the existing hair can go into a resting phase, which causes shedding. Regrowth starts in two to four months and is expected to be **100% temporary** in all cases.
- Numbness:** Because of the incisions made for grafting, partial reduction in sensation may occur for two to three months; this is **not** permanent.
- Coverage:** A new baseball cap is provided with your other post-op supplies. Some topical coverage products may be discussed if a cap is not appropriate for your situation.
- Follow-up Care:** Included in your fee are any necessary office visits regarding your follow-up care. We want to see you if you are having questions or problems. Periodically, Dr. Griffin’s office may contact you to evaluate your progress.
- Recommended follow-up visits:
- Day after surgery for shampooing
  - One-week post-op, suture/staple removal
  - Four-month, twelve-month appointments to evaluate growth and/or take photographs

**IF ANY QUESTIONS ARISE, CALL THE OFFICE AND WE WILL BE GLAD TO ANSWER THEM**

**FOR YOU. OUR OFFICE NUMBERS ARE (404) 256-4369 OR (800) 806-HAIR.**