

**ARTAS POST OPERATIVE INSTRUCTIONS**

1. **GRAFTCYTE:** Graftcyte has been developed to enhance the body's natural wound healing process following hair transplantation surgery. A bottle of Graftcyte has been provided to help maintain a moist scalp environment and promote healing. Your instructions are as follows:

1. The night of your surgery before you go to bed, lightly mist the transplanted area and gently blot with gauze. **DO NOT** rub the transplanted area with gauze.

2. Continue to use the Graftcyte three times a day until the bottle is finished.

2. **DRESSING:** Please remove your dressing from the donor area the morning following your procedure.

3. **SHAMPOO:** You may shampoo your hair on the second day after your procedure. Be sure to remember to bring a cup/bowl in the shower for the first **three** days-----

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Remember- You **DO NOT** want the direct spray of the shower on your grafted areas. After three days, you may resume washing your hair every day, gently washing with a mild, non-medicated shampoo.

4. **SWELLING:** Some patients develop swelling in the forehead 3-4 days following the procedure. This is painless and temporary. During the procedure, Dr Cohen administered a local anti-swelling medication to help minimize the possibility of swelling. In addition, we do recommend applying ice to the forehead for the first 48 hours following your procedure (ie. ice packs, frozen peas or corn). It is also beneficial to sleep with your head elevated on two pillows for the first two nights.

5., **BLEEDING:** If there is any bleeding from the grafted or donor sites, apply firm pressure for 15 minutes. If it persists, please contact the office.

6. **ACTIVITY:** You may return to work the day after your procedure. Light exercise is permitted during the first week. Regular exercise is permitted the second week.

7. **ROGAINE/MINOXIDIL:** If you use Rogaine, please refrain from using it on your grafted areas for at least 10 days following your procedure or until **ALL** scabbing has fallen off.

\*\*\*\* If you have any questions, please feel free to call the office and speak to one of the nurses \*\*\*\*