

### POST OPERATIVE INSTRUCTIONS

Your suture removal appointment is \_\_\_\_\_

**1. GRAFTCYTE:** Graftcyte has been developed to enhance the body's natural wound healing process following hair transplant surgery. The bottle of Graftcyte you have been provided with helps 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 the gauze. **DO NOT** rub the transplanted area with the gauze. It is normal to observe slight bleeding on the gauze.

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

**2. SHAMPOO:** Shampoo your hair on the second day after your surgery. Be sure to remember to bring a cup in the shower for the first **THREE** days - \_\_\_\_\_.  
**(YOU DO NOT WANT THE DIRECT SPRAY OF THE SHOWER ON YOUR GRAFTED AREAS).** After three days, you may resume your normal washing (GENTLY PLEASE). You may use a mild shampoo. Please refrain from any medicated shampoo until the sutures are removed and all scabbing has fallen off.

**3. MEDICATIONS:** A prescription for pain medication has been given to you. Please follow the instructions on the medicine bottle. You may resume any medication/vitamins 24 hours after your surgery. Aspirin and ibuprofen should be avoided for the first 24 hours, as well as alcoholic beverages.

**4. SUTURES:** You will need to return to the office in 10 days to have your sutures removed. Very often, your suture line can become itchy while it is healing. Pressing a cool compress or towel against your scalp will help relieve this. If the itching persists, you may take over the counter Zyrtec, Claritin or Benadryl tablets. Apply Aquaphor ointment daily after your first shampoo.

**5. SWELLING:** Some patients develop swelling on the forehead 3-4 days after the procedure. This is painless and temporary. To help minimize this, ice may be applied to your forehead after your surgery. It is recommended that you sleep with your head slightly elevated for the first two nights. During the procedure anti-swelling medication was given to further prevent the possibility of swelling.

**6. BLEEDING:** If there is any bleeding from the grafted or donor areas, apply pressure firmly for 15 minutes. If it persists, please call the office.

**7. ACTIVITY:** You may return to work the day after the surgery. Light exercise is permitted during the first week post-op. Moderate exercise is permitted during the second week, and full workouts starting after the sutures are removed.

**8. ROGAINE:** If you use Rogaine, please refrain from using it on your grafted area for at least 10 days, 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 nursing staff.