

HAIR RESTORATION INSTRUCTIONS

Before your procedure, you will need to purchase: Antibiotic ointment (Bacitracin or Polysporin), ice packs or frozen peas, baby shampoo, loose fitting hat, scarf or bandana, plus prescriptions.

Six weeks before surgery: *We expect you to stop smoking at this time. Smoking will increase the risk of skin or hair loss around the incision sites.*

Two weeks before surgery: All aspirin and aspirin-like products (ibuprofen) need to be discontinued unless your medical doctor requires you to take it. (See list of aspirin and aspirin-like products.) Please tell Dr. Sidle or his staff if you are on one of these medications and cannot stop.

One week before surgery:

1. If exercising, cut down your exercise program and avoid exercise **COMPLETELY** three (3) days prior to the procedure.
2. Discontinue Rogaine (minoxidil) if you use it.
3. Discontinue aspirin and aspirin-like products such as ibuprofen.

One day before surgery:

1. No alcoholic beverages.
2. If you are having sedation, **NOTHING TO EAT OR DRINK AFTER MIDNIGHT. You will need someone available to accompany you home.**
3. Wash your hair well. If you have long hair, shampoo and put conditioner in your hair.
4. Take your normal medications as prescribed (except aspirin).

Morning of surgery:

1. Shampoo your hair. If you have long hair, put conditioner on your hair. **DO NOT USE** hair spray, gel, or mousse. The only hair care product allowed is conditioner.
2. Wear loose fitting clothing. Nothing that needs to be pulled over your head.
3. If you are having LOCAL ANESTHESIA, you may eat and drink until two (2) hours prior to the procedure. If you are having **SEDATION ANESTHESIA, DO NOT eat or drink anything after midnight prior to your procedure.**
4. If you have been prescribed prophylactic antibiotics, take the first dose before leaving for the procedure. One sip of water to take your medicine is OK with sedation anesthesia.
5. Bring an iPod or other music device with headphones. Patients can often listen to their own devices during the procedure.

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6. If you have a bandana, scarf or loose ball cap, bring it to the surgery. This may be used afterward for your trip home.

After surgery:

1. Eat as usual. Drink plenty of fluids, but **NO ALCOHOL**. No smoking.
2. Elevate your head by using 2-3 pillows while sleeping for the next two days. This will help reduce the swelling and discomfort. Keep your head above your chest at all times. A reclining chair is a good option.
3. Spray your scalp every 2 hours while awake with the bottle provided you at the end of your procedure. Refill the bottle with tap water and continue spraying your scalp for three days. This is to keep grafts moist. You do not want the grafts to dry out in the first 3 days.
4. Swelling may occur in the first 2-3 days. If this happens, place an ice pack (frozen peas) on the swollen area for twenty (20) minutes, three (3) times a day. Swelling and bruising may occur around the eyes. This is normal and causes no harm to the eyes. If unusual swelling persists beyond three days, please call the office.
5. Take the pain medication every 6 hours, only if needed. Always take narcotic pain medicine with food to decrease nausea. If you have no pain, do not take the pain medication. For minimal pain use over-the-counter Extra Strength Tylenol only. **DO NOT** take any aspirin or aspirin-like products. Typically prescription pain medication is only needed for a day or two. If you are having unusual pain, call Dr. Sidle's office.
6. If a dressing is used after surgery, you may
 - a. return to the office the day after surgery and we will remove the dressing and clean your hair **or**
 - b. you may remove the dressing at home on the day after surgery
7. Washing your hair:
 - a. On the second day after surgery, you may **very gently** shampoo (baby shampoo) your scalp in the shower, using a fine stream of lukewarm water.
 - b. On the third after surgery, you can shampoo and style your hair. It is OK to begin to try to loosen the scabs over each graft by rubbing gently with the pads of your fingers. **DO NOT** scratch or use your fingernails. You may use a blow dryer and hair spray if you wish.
8. After washing your hair, apply ointment only to the donor strip area across the sides and back of your scalp. Apply ointment to this area 3 times a day. This will help the wound heal faster.
9. No strenuous exercising, bending over, or swimming for 10 days.
10. Tiny scabs form over each graft. They will loosen and fall off after 10 days along with the short hair attached to the scab. **DO NOT pick or scratch them off.** It will interfere with the natural healing. However, if they are not gone by the 10th day, shampoo twice, leaving the shampoo on a few minutes to soak and soften the scabs. Again, it is OK to use the pads of your fingers to rub the scabs.

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11. If you are currently using Rogaine (minoxidil), please wait five (5) days after surgery before applying it again.
12. It is OK to continue using Propecia (finasteride) before, during and after the procedure.
13. Suture/Clip removal is in 10 days. This is the first post-op appointment. An appointment may be scheduled sooner if you feel you need to be seen sooner.
14. It is OK to wear a loose fitting scarf or baseball cap on the scalp when you go out after the 3rd day. Try not to let it scrape, rub or stick to the grafts.
15. Remember that many of the hair grafts will fall out after the procedure. This is normal. It can take 3 months to a year for full growth to occur.

Please do not hesitate to call Dr. Sidle if you have any questions or concerns.

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