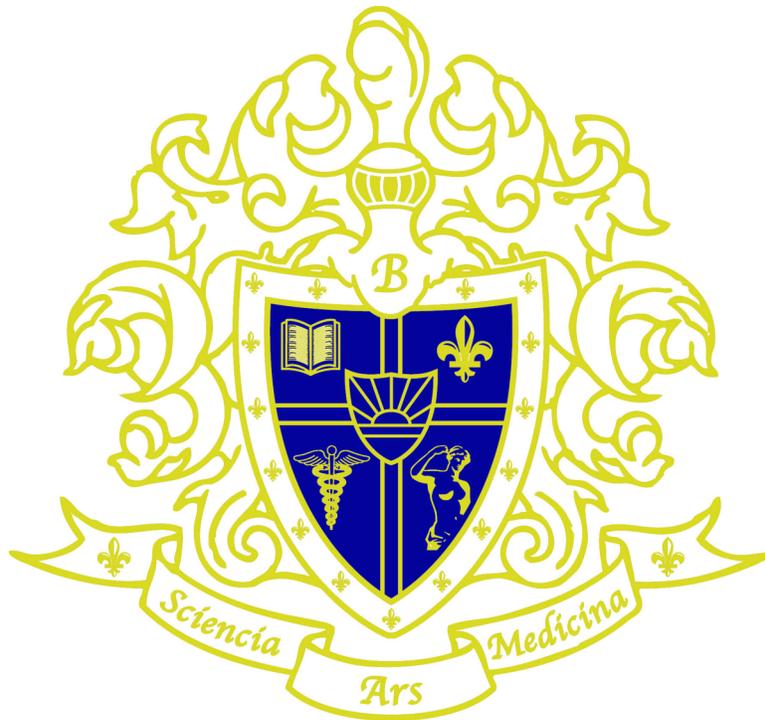


POST OPERATIVE HAIR TRANSPLANT INSTRUCTIONS



Beeson Cosmetic Surgery

This booklet has been designed to answer questions that arise regarding post-operative care and to inform you of things to do (and to avoid) during your convalescence, in order to achieve the most satisfactory results.

You and your family should read this booklet several times to become thoroughly familiar with these instructions. Please attempt to follow these instructions faithfully, as those who do generally have the smoothest post-operative course and obtain the best results.

The Procedure

Hair transplant surgery is usually performed in the hospital or in our office under a "twilight" anesthetic consisting of medications by mouth and intravenous (I.V.). The surgery is relatively pain-free and takes approximately 4-6 hours to perform. You will have a bulky turban-like dressing applied over the grafted areas following the procedure. This should remain in place until the morning after surgery.

Following the surgery, you will remain in the recovery area for approximately an hour. We will discuss the use of medications (pain medication, antibiotics, and anti-nausea medications) and your care that night with the person staying with you. Hair transplant surgery is almost always performed as an outpatient and complications are extremely rare.

The morning following surgery you will return to the office for your first post-operative checkup. The bulky dressing will be gently removed, and the new grafts cleaned by our nursing staff. A light gauze dressing will be re-applied and post-operative care will be reviewed. All of this is virtually pain-free, and you should not become anxious anticipating this dressing change.

That afternoon (first day after surgery) you will be asked to shower with clear water and soak off the light gauze dressing, which was applied in the office. You should allow the water to run through your hair and gently "pad" with your fingertips to remove any crusting on the scalp. The area where the grafts were placed and from where the grafts were taken should be gently cleaned with Q-tips soaked in hydrogen peroxide. This should be done a minimum of 4-6 times a day and continued until the hair grafts are well healed (2 weeks).

On the second day after surgery, you should begin to shower at least 3-4 times a day using a mild baby shampoo and continue to clean the grafts with hygiene peroxide-soaked Q-tips 3-4 times a day. You may pat dry your hair with a towel or you may dry your hair using a blow dryer on a cold setting. You may style your hair by gently combing with a new, clean comb on the second postoperative day. Use a comb, not a brush.

Daily Wound Care

- 1) First clean the graft and donor area with hydrogen peroxide-soaked Q-tips.
- 2) Second-apply Gillette Foamy shaving cream over graft and donor areas. Gently pat the areas with your fingertips after the foam has covered the areas for approximately 5 minutes.
- 3) Shower gently with warm water (you may use baby shampoo starting the second day).
- 4) Pat dry the areas with a towel or you may use a blow dryer on a cold setting.

- Repeat this process at least 4-6 times a day for the first 7-10 days following your surgery. Continue using baby shampoo (not your regular haircare products) for 4 weeks. After that time, you may return to your normal your care products and hair care regimen, including coloring your hair if you so desire.
- Sleep with your head elevated 30-40° for 2 weeks.
- No vigorous physical activities, lifting or straining over 10–15 pounds for 1 week.
- Avoid swimming in pools or chemically treated water for 4 weeks following surgery.

Scalp Reduction

If you have had a scalp reduction either in conjunction with your hair transplant procedure or as a separate procedure, you will have an incision that is closed with small metal staples. This incision should be cleaned in the same way as the transplanted grafts—with Q-tips soaked in hydrogen peroxide and with frequent showers.

The staples are usually removed at 7-14 days with a special instrument, so there is virtually no pain. Your incision will be red and raised for approximately one week following surgery, but will fade and soften over the ensuing weeks and months to a thin white line.

Follow-Up Care

You will be seen in the morning after surgery and then approximately 1 week after surgery. At that time, depending on many variables, you will be scheduled to return in 1-3 months and then will be followed continually at 6-12 month intervals.

If any time you feel that you are having a problem, please contact us immediately, and we will make arrangements to see you before your scheduled appointment.

Medications

Pre-operatively you were given prescriptions for medications. These medications should be continued post-operatively and taken as directed on their labels. Usually these medicines will consist of an antibiotic taken 4 times a day for 1 week, pain medication, and multi-vitamins. Pain is minimal following hair transplant surgery and most patients require only Extra-Strength Tylenol for pain relief. However, if more pain is encountered, the stronger prescription medications can be taken as labeled. Do not take aspirin (acetylsalicylic acid) or aspirin containing products for 2 weeks before or 2 weeks following your procedure, as they can cause more bleeding and bruising to occur.

Edema (Swelling)

Edema (swelling) and ecchymosis (discoloration) are common following hair transplant surgery. Usually it reaches its peak on the third or the fifth postoperative day, and then gradually subsides over the next 5 days. It is common for the swelling and bruising to extend into the forehead and around the eyes, so do not be alarmed if this should occur.

Hair Care

Hair in the transplanted hair grafts will usually fallout 4-6 weeks after surgery. Hair should "sprout out" from the grafted areas approximately 3-4 months after surgery will continue to grow at a rate of approximately 1/2 inch per month. It is important to realize that good grooming care and styling is required to achieve the best possible result. Light hairspray may be used to help style hair starting the day after surgery. Creams and rinses should be avoided for 4 weeks following surgery and permanents and tints for 4-6 weeks. These agents may cause scalp irritation and delay healing and hair growth in the immediate post-surgery period. However, you may use baby haircare products (shampoos, conditioners, cream rinses) during this time.

In some cases, a series of hair transplantations will be required to obtain the best aesthetic result. If necessary, these surgeries are usually spaced approximately 9-12 months apart.

Often Asked Questions About Hair Loss

Q: What causes baldness?

A: The most common baldness situation is hereditary male pattern baldness. Relatively few cases of hair loss are caused by scalp disease or tumors. Hereditary male pattern baldness depends on inherited tendency to lose scalp at a certain age, providing male hormones are present in the bloodstream. Hair around the sides of the head usually remains for lifetime and if they are relocated easily continue to grow.

Q: Is there any good, non-surgical treatment for male pattern baldness?

A: No adequate treatment now exists, but medical researchers are actively investigating this area. The so called "miracle products" for the correction of hair thinning or baldness are available, but information about them is usually misleading and should be viewed skeptically.

Q: Will you continued lose hair?

A: More than likely, yes. Since transplanted hair comes from the areas that continue to grow throughout your lifetime, you should not lose hair in these transplanted areas.

Q: Are there any possible complications from the operation?

A: Yes, as with most surgical procedures, complications are infrequent and usually minor—bleeding, poor hair growth, poor blending of grafts, possibility of infection in surrounding skin, scar formation, and injury to muscles or nerves. Most of the defects improve with time or can be corrected by additional surgery.

Q: Will there be visible scarring over the front of the scalp?

A: As with any plastic surgical procedure, if the patient is closely examined, one can detect very minimal, obscure scar lines. Scarring has not been a problem or cause to deter hair transplant procedures.

Q: What about the donor-site from which the hair was taken—will it become bald?

A: It should not. After the graft is removed, the site shrinks to a small scar, which is well hidden by the surrounding hair.

Q: Can a hair piece be worn after the procedure?

A: Yes. This may service as an excellent cosmetic screen. In cases of extensive baldness, where there is an adequate donor area to cover the area, transplanted hair may be used as a frontal hairline to enhance a natural appearance of the hair piece for a more accepted cosmetic result.