

Before Surgery Instructions:

These instructions are to aid in your surgical procedure. Please read carefully.

1. A blood test including HIV and Hepatitis B and C Antibody must be performed prior to a procedure. If you are an established patient and it has been less than one (1) year since your last HIV and Hepatitis panel, you are not required to have these tests repeated before your surgery.
2. **Hair in the donor area should be at least ½ inch to 1 inch in length.** This will enable the donor area to be camouflaged following surgery. It is for cosmetic purposes only.
3. **Discontinue Aspirin, all vitamins, and all nutritional supplements for two weeks** prior to your procedure. This also includes all products containing aspirin. (List included.)
4. Every day, two weeks prior to your procedure, shampoo your scalp/hair with Head and Shoulders Shampoo. It is very important to shampoo vigorously to remove any scale or flaking. This includes previously transplanted areas. If you have a history of dandruff, please call our office two (2) weeks before your appointment.
5. Avoid sun exposure, to the scalp, two weeks prior to your procedure
6. Discontinue the use of Rogaine for 5 days before your procedure and 5 days post operatively
7. No alcohol consumption 48 hours prior to your appointment for surgery.
8. The night before and the morning of the surgery, shampoo your scalp and hair with **Hibiclens** (Chlorohexidine). Avoid eyes and ears. Do not use any sprays or styling gels the day of your procedure. Hibiclens is a surgical cleanser available over-the-counter at most pharmacies, there are no substitutes.
9. Please advise the office if you have recently had a temperature of 101 degrees or more
10. You will have 3 prescription medications: Ativan (generic Lorazepam) a pre-operative sedative, Prednisone (generic Deltasone) for post-operative swelling and Ultracet for post-operative pain. If you have any condition (an artificial joint, atrial fib, diabetes, etc.) that requires you take an antibiotic preoperatively, please notify our office. Your prescriptions can be called in to your pharmacy or for your convenience; they can be delivered to our office from a local pharmacy. Please notify our office which method you prefer.
11. Take 1 Ativan (2 mg-Generic Lorazepam) 30 minutes before the procedure. Do **NOT** drive yourself if you have taken the Ativan. If you plan on driving yourself to our office and have your prescriptions, wait until you arrive to take your Ativan. It may be necessary to have a responsible person who can drive you to your destination following the procedure, due to the sedative properties of Ativan.
12. Eat breakfast before your appointment. **THIS IS IMPORTANT.**

After Surgery Instructions:

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1. After your procedure, take your pain medication (Ultracet) with food. DO NOT WAIT UNTIL YOU HAVE PAIN. You should not drive while taking the pain medication.
2. After your procedure, take 1 Prednisone (20mg-generic Deltasone) for possible postoperative swelling. This medication should be taken with food. The remainder will be taken as indicated by the instructions on the bottle.
3. Relax the remainder of the day. DO NOT get hot. DO NOT lift anything heavy. DO NOT lean over to tie shoes or pick up objects for the first 48 hours. No strenuous exercise for five days. All could initiate bleeding.
4. DO NOT drink alcoholic beverages for two days following your transplant. Avoid the use of marijuana and any other chemical substances not prescribed for one week following surgery.
5. If bleeding occurs, apply **FIRM, STEADY** pressure through a bandage for 20 minutes. If bleeding persists after applying firm, steady pressure through the bandage two times for 20 minutes each time, remove the bandage, locate the exact bleeding point and apply direct pressure to the area. Again, pressure should be **FIRM** and **STEADY** for at least 20 minutes. If bleeding continues, contact our office, or if out of town, contact your family physician or go to the nearest emergency room and ask the attending physician to suture the area.
6. Take 1 Ativan (generic Lorazepam) and 1 Ultracet, **if needed**, approximately 20 minutes before retiring for the night.
7. Sleep with your head elevated using 1 or 2 pillows for one to two nights following your procedure. Or sleep in a recliner.
8. If you develop post-operative edema (swelling) of the forehead and eyes, keep head elevated and apply ice packs to the forehead area. DO NOT apply ice to the grafts. This condition is not serious and will resolve on its own.
9. Wait at least two weeks post op before wearing a hairpiece. We recommend discontinuing use completely.

Postoperative bandage removal and shampoo procedure:

1. The day after the procedure, remove the stockinette (stretchy bandage) and unwrap the gauze. Remove the bandage on the head from BACK TO FRONT. It will lift off like a cap. Please do not be alarmed if there are grafts in the bandage following removal, occasionally a few grafts are lost.
2. Get into a slow running warm shower. DO NOT let the direct stream hit the grafts. You may take a large plastic cup into the shower and pour water over the grafted areas. DO NOT rub this area as this could dislodge the grafts. Treat the area very gently for two days following surgery.
3. Shampoo your hair with baby shampoo. Shampoo the non-transplanted area of the scalp normally. Clean the donor area well to avoid crusting and build up in this area.
4. Apply Polysporin to the grafts and the donor area after showering.

One-week postoperative instructions:

1. After 48 hours, you can shampoo hair normally. Gently massage the area with fingertips, **not fingernails**. Cleanse area well as this will lessen your downtime.

1. Following your daily shampoo (we suggest baby shampoo for approximately 1 week), apply polysporin ointment to each graft and the donor area using a Q-tip or clean fingertips. After a day or two, you may apply the Polysporin **to the grafts** at bedtime only.

2. **Apply Polysporin to the donor area every day until staples are removed.** This will help the staples slide out more easily upon removal.

3. **Apply Polysporin to the grafted area for 2-3 days.** Continue after 3 days only on areas where scabbing persists.

3. You can clean the **donor area** with a NEW, SOFT bristle toothbrush prior to staple removal. This will cleanse the area well and help remove any crusting around the staples.

4. To remove the build up of Polysporin in your hair put a drop of dishwashing liquid (e.g., Dawn) in your shampoo as you wash your hair. **Do Not** use automatic dishwashing powder. We recommend waiting approximately one week before using the dishwashing liquid.

5. Crusts (scabs) will form over the transplant sites the first few days. These crusts will naturally fall off within 10 days to 2 weeks. **DO NOT PICK OR SCRATCH AT THIS CRUST AT ANY TIME.**

6. Surgical staples in the donor area should be removed **by** 10 days. Some patients will remove the staples sooner. We will provide you with a sterile staple remover.

In case of an emergency:

Call the Stough Clinic at 972-378-1234 or 1-800-264-4247.

If the office is closed, you can reach us at:

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