

Hair Transplant

Dr. Ende's Post-Operative Instructions

Avoid strenuous exercise and straining for at least 2 weeks. Ask Dr. Ende prior to starting back with any strenuous activity.

Bruising and swelling are uncommon but can occur in the forehead and around the eyes. Most of this resolves within 7 days.

You may wash your hair 4 days after surgery, but take great care not to rub vigorously. A light wash using a fine stream of lukewarm water with shampoo is satisfactory. Regular hair washing can resume 7 days after surgery. Do not swim for 14 days.

Most patients experience very little pain following this procedure. However, you should not hesitate to take Percocet, Tylenol with Codeine, or Extra Strength Tylenol.

Do not take Aspirin, or anti-inflammatory medications for 2 weeks. You have been given a sheet of prohibited medications which can lead to uncontrollable bleeding after this procedure.

Do not lift or attempt to move heavy objects for 2 weeks. Avoid unnecessary bending. Time off work depends on how strenuous your job is or how you feel about working with visible crusting in the transplanted area and a potentially visible suture line. Ask Dr. Ende how long to take off if you have read this entire instruction sheet and are still unsure.

Keep a pad on your pillow to avoid staining of your sheets and pillowcases.

Avoid pullover type clothing to avoid snagging the suture line or excessive rubbing or traction by your shirt on the transplanted area. Button down shirts are preferred.

Immediately call Dr. Ende if your temperature is greater than 101, for severe pain that is not controlled by medications, pus develops, or sudden swelling occurs.

DO NOT PICK AT ANY CRUSTS. This will cause damage to the transplanted hair and probable loss of the grafts in that area. Soaking your hair in the bath or shower is acceptable after 4 days. You should spray your hair every hour to two hours with the spray bottle to keep things moist during the first week.

Your sutures and or surgical clips will be removed around day 14. Do not pull or cut the sutures. Use extreme care when combing your hair as the comb can snag the sutures. If a comb can be avoided during the first two weeks, this is best. Try to avoid scratching even if your scalp itches. The use of Benedryl during the first week, or aspirin after the 2nd week may be helpful.

Do not smoke or drink alcohol.

Keep crushed ice in a glove or a bag of frozen peas resting across your nose and eyes if swelling and/or bruising occurs for the first 48 hours. Do not let the ice stay on for longer than 15 minutes at a time.

Take Keflex for 5 days as prescribed. Avoid missing doses.

The use of a baseball cap is preferable to cover your head if you need to go out in public. Please do not use a dirty hat that has not been washed in several years(or longer). Please wash your hat thoroughly prior to usage. The use of unwashed hats may lead to infection, and/or partial scalp loss.

Avoid hair coloring for 4 weeks after surgery

Avoid prolonged sun exposure on your scalp.

Defer social and business plans wherein you feel the need for good appearance for approximately two weeks.

Homeopathic Arnica Montana or SinEcch may be purchased over the counter and may help with bruising and swelling if this occurs

Do not use Rogaine for 7 days after surgery. You may continue your Propecia as prescribed.

Do not make any important personal or business decisions after surgery or while on narcotic pain medications. Do not make stock trades.

If you have excessive nausea and vomiting following your procedure, call Dr. Ende and he may prescribe a medication to control this.

Cysts and pimples can occur in the postoperative period but are quite rare during the first two weeks. As stated clearly in your consent form, DO NOT use needles to prick these cysts. DO NOT squeeze these cyst or pimples. Warm soaks are recommended just as you would do for a cyst or pimple on your face. If your cyst or pimple is persistent, painful, enlarges progressively, has surrounding redness or concerns you in any way, please call for a visit to see Dr. Ende.

Your first follow up appointment is: _____. Do not miss this appointment. By having undergone this surgery, you have agreed to follow up with Dr. Ende at regular intervals during the 1st year. Generally this is 2 weeks, 3 months and 1 year after surgery. We will continue to monitor your progress and take pictures of your surgical results. These appointments are critical to your care and our staff will make every effort to accommodate your schedule so that none are missed.

Dr. Ende is available to answer questions, but please read this list prior to calling. Dr. Ende will refer to this list. To reach Dr. Ende call: (551) 689-4021. If you have a life-threatening emergency, call 911 immediately and then call Dr. Ende while you are waiting for the ambulance.

Patient Signature _____ Date _____