

Post-operative Instructions

Only use the medications given to you by Dr Griffiths. Any other medications must be confirmed with Dr Griffiths beforehand.

The day after your procedure is **Day 1**

The recipient area is the area where we implanted new hairs. **The donor area** is where we removed hairs, usually at the back and sides of the head.

The day of the procedure: Most people have little pain after the procedure. If you have pain after arriving home please take 2 of the pain killers provided to you (Termaldina containing 300mg paracetamol and 15mg codeine per capsule). Do not take more than 2 every 4 hours. Remember to also take one antibiotic capsule (amoxicillin 500mg) before going to bed.

It's a good idea to put a towel over your pillow the first couple of nights to stop it being stained with blood as the donor area may still be bleeding very slightly (especially if you are staying in a hotel).

Using a travel pillow the first couple of nights is also a good idea as it will help to stop you moving around too much while you sleep and accidentally dislodging the implanted hairs.

Days 1-3

Use the bottle of saline spray to spray the recipient area every hour (except when sleeping) until the bottle is finished. Do not worry if it finishes before the 3 days are up.

Apply the scar reducing cream to the donor area 3 times per day for 3 days.

Avoid smoking, alcohol and sexual activity for 3 days after the procedure. You can use nicotine patches or gum.

Days 4-7

Apply the hydrocortisone cream (Nutrazone) to the donor area twice a day for 4 days.

Days 1-5

Take the antibiotic (amoxicillin 500mg) 3 times a day for 5 days after your procedure.

Days 1-7

During the first seven days wash your hair as follows: Using a mild shampoo e.g. baby shampoo, make foam in your hands and gently touch it to the recipient and donor area. **DO NOT MASSAGE OR RUB** the recipient area, although you can lightly rub the donor area if there is no pain. Use a glass of water to rinse off the shampoo by gently pouring it over your head. **DO NOT** put your head directly under the shower until after 7 days.

Days 8-14

You can now start to gently rub the recipient area with the tips of your fingers and use the shower to rinse when washing your hair.

Exercise – avoid exercise or strenuous activity for 14 days.

Sun – protect your head from the sun for 14 days after the procedure. For the next 30 days it is also a good idea to wear a cap or hat if you will be in the sun for more than a short period of time. Do not under any circumstances allow your head to get sunburned.

Swimming Pool – avoid chlorinated water for 30 days after the procedure. You can swim in the sea after 14 days.

Swelling – you may experience some swelling, particularly around the eyes 1-3 days after the procedure. This is normal and is due to the liquid anaesthetic and other solutions injected during the procedure travelling down your head and being reabsorbed by the body. Sleeping at 45 degrees can help to minimize this. Please contact Dr Griffiths if you are particularly concerned.

Numbness – on rare occasions some people experience numbness on the head after the procedure. This is due to small nerves being cut. It is nothing to worry about and is temporary. It usually goes away after 3-4 months as the nerves repair themselves.

Bleeding – a small amount of bleeding is normal after the procedure especially in the donor area. You can apply pressure for 20 minutes with a clean tissue or swab to stop any annoying points of bleeding.

Infection – on very rare occasions the recipient or donor area can become infected, it is important you take the antibiotics supplied to prevent this. If either the recipient or donor area becomes hot, red and swollen this could be a sign of infection, please get in touch with Dr Griffiths immediately if you are concerned.

Minoxidil – You can begin applying minoxidil again after 7 days however if you experience stinging or pain during the application then just apply the minoxidil to non transplanted areas of the scalp and try again on the transplanted area in 2 or 3 days time.

Remember, the transplanted hair will enter a rest phase after about 3 weeks and start to fall out. It will begin to grow again around 3-4 months after the procedure. At first the hairs will be fine and short but will gradually get thicker and longer. The full result of the hair transplant is usually apparent at 12 months afterwards.

If you have any other questions or concerns please contact Dr Griffiths or in an emergency please use the mobile number given to you after your procedure.

Regards

Dr Peter J Griffiths BA (Hons) MBBS MSc