

## Hair Transplant Instructions – Before Your Hair Transplant

Time	Hair Care	Activities	Instructions
6 weeks before	Grow your hair to be at least 1 inch long by your hair transplant day and preferably 2 inches long	Do scalp stretching exercises if instructed by Dr. Simmons	Do lab tests ASAP
3 weeks before	<ul style="list-style-type: none"> <li>▪ Do not cut your hair shorter than 1 inch long</li> <li>▪ You can start Minoxidil to jump start new hair growth and reduce postoperative shedding</li> </ul>		<ul style="list-style-type: none"> <li>▪ Must do lab tests</li> <li>▪ Limit green leafy vegetables to 1 salad per day and don't eat lots of nuts</li> <li>▪ Stop multivitamins and Vitamin E and Herbal supplements/meds</li> </ul>
2 weeks before	Keep your hair at least 1 inch long		<ul style="list-style-type: none"> <li>▪ Do lab tests</li> <li>▪ Pay balance</li> </ul>
1 week before	<ul style="list-style-type: none"> <li>▪ Stop using Minoxidil but you can continue taking Finasteride if you take it normally</li> <li>▪ You can dye your hair right up to the day before your hair transplant</li> </ul>	No vigorous exercise, cardio, or weights	<ul style="list-style-type: none"> <li>▪ No Alcohol</li> <li>▪ No Aspirin, or Anti-inflammatories like Advil or Motrin but Tylenol is OK</li> <li>▪ Arrange for someone to pick you up after your hair transplant</li> <li>▪ Get a travel pillow, firm hat that does not touch the top of your head (like a trucker's hat), and buy 2% minoxidil lotion, if you are going to start it after your hair transplant</li> </ul>
1 day before	Wash your hair with shampoo at night then again in the morning of your hair transplant		<ul style="list-style-type: none"> <li>▪ Pack any music ipod, cds, mp3 player, or DVDs that you want (but we have music and DVDs)</li> <li>▪ Pack a full-button or full-zipper shirt that does not have to be taken off over your head</li> <li>▪ Confirm your transportation home</li> <li>▪ Check the weather and set an alarm so that you can be sure to arrive by 7:30 am</li> </ul>
Before you leave for your hair transplant	Wash your hair with shampoo but don't use conditioner or hair products		<ul style="list-style-type: none"> <li>▪ Eat breakfast but only decaf coffee</li> <li>▪ Bring your hat, full-button or full-zipper shirt, and music/DVDs</li> <li>▪ If someone is going to pick you up, make sure they will be available any time between 4 pm and 10 pm and ask them to call us for an update at <b>647-273-7414 at 2 pm</b></li> <li>▪ You cannot answer your blackberry or phone today</li> </ul>

## Hair Transplant Instructions – After Your Hair Transplant

### Your Hair Transplant Day

We will keep you safe. You will feel minor (2-3/10) discomfort when we make the areas numb but should expect a calm and comfortable day. You will spend most of your day watching movies, TV, or listening to music but will have a lunch and bathroom breaks. Save any postoperative questions for the end of the day. We will review all of the instructions and answer questions and give you medications before you leave. We can't predict exactly how long your hair transplant will take so your travel arrangements must be flexible.

	What to Expect	Hair Care	Activities	Instructions
The first night (Day 0)	<ul style="list-style-type: none"> <li>▪ The recipient area will not hurt</li> <li>▪ You may have swelling in your forehead and in the corners of your eyes from the local anaesthetics</li> <li>▪ You may feel tightness, pressure, throbbing, or aching around the sutures. Tonight will be the most difficult night so take pain medications early to prevent severe pain before it develops</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Do not touch</b> the grafted area or get it wet</li> <li>▪ Leave your dressing on overnight</li> <li>▪ No Minoxidil</li> <li>▪ Continue Finasteride (Propecia/Proscar) throughout your recovery period, if you take it normally</li> </ul>	<ul style="list-style-type: none"> <li>▪ No driving tonight</li> <li>▪ No alcohol tonight</li> <li>▪ <b>Rest</b> and sleep with your head <b>Elevated</b> 30 degrees. Putting pillows against the firm arm-rest of a couch or sleeping in a recliner chair is better than using extra pillows in bed. A travel pillow reduces pressure on the sutures for more comfort and keeps you from rolling in bed a lot</li> <li>▪ Apply <b>Ice</b> to your forehead 10 minutes out of every waking hour</li> <li>▪ To prevent swelling remember <b>RIPE</b> = Rest, Ice, Prednisone, and Elevation</li> </ul>	<ul style="list-style-type: none"> <li>▪ For 1/10 to 3/10 pain take 1 <b>Percocet</b> with food. Take 1 more 1 hour later if not relieved.</li> <li>▪ For 4/10 to 6/10 pain take 2 <b>Percocet</b> tablets with food.</li> <li>▪ If you have 7/10 pain or higher or you have taken 2 Percocets and didn't get relief, phone Dr. Simmons at <b>647-273-7414</b></li> <li>▪ <b>Do not text or email.</b> Do Phone.</li> <li>▪ Take <b>Gravol</b> every 6 hours as needed for nausea.</li> <li>▪ Take <b>Restoril</b> before bed to help sleep.</li> </ul>
Days 1 and 2	<ul style="list-style-type: none"> <li>▪ Your forehead and the corners of your eyes may have swelling or bruising</li> <li>▪ You may still need pain tablets in the morning for the donor area but the tightness usually eases off as the day goes on.</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Do not touch</b> the grafted area or get it wet</li> <li>▪ Take off the dressing in the morning of Day 1</li> <li>▪ Wash the donor area with a washcloth and shampoo</li> <li>▪ Apply ointment once daily to the donor (sutured ) area</li> <li>▪ No Minoxidil</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Rest</b> and sleep with your head <b>Elevated</b> 30 degrees</li> <li>▪ To prevent swelling remember <b>RIPE</b> = Rest, Ice, Prednisone, and Elevation</li> </ul>	<ul style="list-style-type: none"> <li>▪ Take <b>Prednisone</b> with breakfast unless you have stomach pain or Dr. Simmons said otherwise</li> <li>▪ Take Percocet, Gravol, and Restoril as needed</li> <li>▪ You can resume herbals, supplements, and Vitamins</li> </ul>

## Hair Transplant Instructions – After Your Hair Transplant

	What to Expect	Hair Care	Activities	Instructions
Days 3 and 4	<ul style="list-style-type: none"> <li>You may have noticeable swelling around your eyes that can even make your vision blurry temporarily</li> </ul>	<ul style="list-style-type: none"> <li>You can rinse the transplanted area in the bathtub by pouring water &amp; shampoo then water alone from a cup onto an area in front or behind the transplanted area and letting it flow over the transplanted area.</li> <li>Do not rub the transplanted area or try to style your hair.</li> <li>Apply ointment once daily to the donor (sutured ) area</li> <li>Let your hair dry naturally</li> <li>You can spray on a saltwater mixture frequently if your scalp feels dry or itchy. You would add ½ tsp salt or sea-salt to 8 ounces of water or distilled water and use a gentle mist sprayer</li> <li>You can start using Minoxidil 2% (available without a prescription) twice daily but should not rub it into your scalp (see other handout)</li> </ul>	<ul style="list-style-type: none"> <li>You can sleep normally from Day 3 onward and should stop using sleeping pills</li> <li>Avoid cardio</li> </ul>	<ul style="list-style-type: none"> <li>Take your last Prednisone on Day 3</li> <li>Take Tylenol, Advil as needed and only use Percocet if not relieved with those medications</li> </ul>
Days 5 and 6	<ul style="list-style-type: none"> <li>Day 5 will probably be the last day you have swelling around your eyes and by Day 6 it may have moved down into your cheeks</li> <li>A few scabs may come off and some short and long hairs may come with them but that does not mean you are losing grafts. Grafts are secure and will only come out with forceful rubbing, picking, or trauma</li> </ul>	<ul style="list-style-type: none"> <li>Wash your whole head in the bath once daily by pouring shampoo and water from a cup and rubbing in gentle circles then rinsing the same way</li> <li>Apply ointment once daily to the donor (sutured ) area</li> <li>Let your hair air-dry</li> <li>You can gently style your hair with your hands</li> </ul>	<ul style="list-style-type: none"> <li>You can resume cardio but shouldn't lift weights</li> </ul>	

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Days 7, 8, and 9	<ul style="list-style-type: none"> <li>Your swelling will be mostly gone</li> <li>Your recipient area will still have scabs and may have little bald rivers or cracks in the crust</li> <li>You may shed hairs and scabs but won't lose grafts</li> </ul>	<ul style="list-style-type: none"> <li>Wash your whole head gently in the shower but don't let the jets hit the recipient area directly.</li> <li>Apply ointment once daily to the donor (sutured ) area</li> <li>Let your hair air-dry</li> <li>Gently style your hair with your hands</li> </ul>	<ul style="list-style-type: none"> <li>Cardio is OK but not weights or contact sports</li> </ul>	
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Day 7 to 13 (most often 10 or 11)

Suture Removal

	What to Expect	Hair Care	Activities
Days 10 to 13	<ul style="list-style-type: none"> <li>Your skin may be pink at first. You can use your hair or non-comedogenic makeup to conceal it.</li> <li>Some stubble may remain after the scabs come off but some will shed</li> <li>You will shed short and long hairs but will not lose grafts</li> </ul>	<ul style="list-style-type: none"> <li>You can <b>shower normally</b></li> <li><b>Rub the remaining crusts off firmly</b> in the shower but <b>don't pick</b> them</li> <li>Apply <b>baby oil or ointment</b> to the grafted area when the skin is still wet and leave it in</li> <li>You can shower every 3 hours as needed until the crusts are all off</li> <li>You can use all <b>hair products</b></li> <li>You can use a <b>hair dryer</b></li> <li>Continue Finasteride/Propecia/Proscar if you take it normally</li> <li>Use Minoxidil twice daily if you have chosen to use it. Stop it if your skin is very pink or itchy or you get pimples</li> </ul>	<ul style="list-style-type: none"> <li>You can do <b>cardio</b> exercise</li> <li>You can swim and dive</li> <li><b>No weights or contact sports</b></li> </ul>
Days 14 to 27	<ul style="list-style-type: none"> <li>You can experience post-operative shedding</li> <li>Pinkness will usually be disappearing but can persist for some</li> </ul>	<ul style="list-style-type: none"> <li>Usual hair care</li> <li><b>Don't cut or dye</b> your hair yet</li> <li>Continue <b>Finasteride/Propecia/ Proscar</b> and <b>Minoxidil</b> unless minoxidil causes pinkness or pimples</li> </ul>	<ul style="list-style-type: none"> <li>You can do almost <b>all activities</b> including weight lifting, contact sports, and wearing helmets</li> <li><b>Do not stretch or strain your scalp or neck</b> until 3 months after your hair transplant</li> <li>Call <b>416-924-2482</b> for an appointment if you get a lot of pimples</li> </ul>
1 to 3 Months	<ul style="list-style-type: none"> <li>Pimples may start. They may be tender or cause bleeding when you rub your scalp in the shower.</li> <li>Your hair will typically look the same or worse than you started</li> </ul>	<ul style="list-style-type: none"> <li>You can <b>cut and dye</b> your hair</li> <li>Hair stylist should <b>look before cutting</b> so your hides the donor scar</li> <li>Continue <b>Propecia/ Proscar</b> and <b>Minoxidil</b></li> </ul>	<ul style="list-style-type: none"> <li>You can do almost <b>all activities</b></li> <li><b>Do not stretch or strain your scalp or neck</b> until 3 months after your hair transplant</li> <li>Call <b>416-924-2482</b> for an appointment if you get a lot of pimples</li> </ul>

You will likely shed almost all of the transplanted stubble in the first 2 – 6 weeks after your hair transplant and won't see new hair until about 4 months after your hair transplant. You will not see daily improvement but will see big monthly changes until about 8 months then subtle changes from then until 1 year after your hair transplant. It is best to leave your hair a bit longer than usual to get the most out of your new hair.

Your donor scar will be pink for 6 months and you may get some pimples in the donor area for the first 6-9 months. The hair is trimmed above and below the incision and you may get some shedding of hair around your incision. You should always ask your hair stylist to look at the scar first and to avoid cutting your hair too short.

In the first few months you may experience pinkness, pimples, shock loss, numbness, or itchiness but won't experience all of them. There are ways to cope with each of these concerns and you should contact Dr. Simmons if you are having difficulties.

We will call you for follow-up appointments or emails at:

- 1 month to look for and remedy nuisance side effects
- 6 months to check for early but incomplete results
- 12 months to check your final results

Please call us at **416-924-2482** with any concerns. If you have urgent concerns you can reach Dr. Simmons after hours at **647-273-7414**. Please do not email or text if you have urgent concerns.