

Canadian Hair Transplant Centre

Instruction Chart

	Before Hair Transplant	The Day of Your Hair Transplant	Day 1	Day 2	Day 3 and 4
Washing	Usual	Wash hair in the am.	Wash the sides and back every day in the bath but don't touch the top or get it wet.		
Diet	Usual	Eat breakfast. We will give you lunch.	Usual		
Medications	Take usual prescription medications	Take usual prescription medicines.			
		Prednisone with breakfast to prevent swelling, if given.			
		Tylenol #3 or Percocet every 4 hours as needed for discomfort.			
		Gravol every 6 hours as needed for nausea.			
		Restoril every night as needed for sleep.			
Minoxidil	Stop 1 week before	None			Can start twice daily but don't rub
Vitamins/Herbals	Stop 3 weeks before	None		Usual	
Alcohol	Stop 1 week before	None		Usual	
Activity	Usual	Rest	Light exercise like walking. No lifting or exercise that increases heart rate.		
Sleep	Usual	Sleep in a reclining chair or in bed with extra pillows. Use travel pillow to support neck. Can use sleeping tablet, Restoril.			Normal

	Day 5 - 9	Day 10 - 13	Day 14 - 20	Day 21 on
Washing	Gently wash the whole scalp in the bath daily.	Shower daily. You can rub the scalp for 15 minutes in the shower but don't pick or scratch.	Wash normally.	Wash normally.
	Towel dry the sides and back but air dry the top.	Until all crusts are off, massage baby oil into the scalp and leave for 3 hours then shower again. Leave oil in overnight. Blow-dryers are allowed	Dry normally.	Dry normally.
Activities	You can do cardio exercise but avoid heavy lifting, contact sports, helmets, or stretching the scalp/neck		Avoid contact sports, Helmets, and stretching the neck/scalp	Full Activities