

Instructions

We count the day of your hair transplant as Day 0. The time periods are divided into 3 weeks before your hair transplant, Your Hair Transplant Day, Days 1-4, Days 5-9, Days 10 to 13, Days 14 to 20, 3 weeks to 4 months, 4 months to 8 months, and 8 months to 1 year.

3 weeks before your Hair Transplant

General

We will provide you with any specific personal instructions.

Make all required travel arrangements and make arrangements for someone to pick you up after your hair transplant.

You should preferably avoid drinking alcohol for 1 week prior to your hair transplant but must avoid it for 3 days before your hair transplant and must have no more than 1 or 2 drinks on other days.

Grooming

You can colour your hair up to the day before surgery and can have a trim but make sure that you leave your hair long enough to help hide the sutures for FUT. Usually it is best to keep your hair as long or longer than usual, unless you are specifically asked to cut your hair short.

Medications, Vitamins, and Herbs

You should stop taking Vitamin E, multivitamins, and herbal medicines 3 weeks prior to your hair transplant and should avoid using ASA or Ibuprofen (Advil, Motrin) or other anti-inflammatories 1 week before your hair transplant. Tylenol is OK.

Unless specifically told otherwise, you should take your regular prescription medicines as usual, including Finasteride for men or anti-androgens for women.

If you use Minoxidil you should stop it 1 week before your hair transplant.

Activities

You should avoid working out or heavy lifting for 1 week before your hair transplant, unless it is a job requirement.

Your Hair Transplant Day

General

Confirm arrangements for someone to pick you up after your hair transplant. It is too boring for others to wait all day at the office, so they should make plans for the day. They must be available by phone, should check in at 1 pm, and must be able to pick you up by 5 pm. When they call we will tell them if we need them to call again or to come earlier or later.

You should eat a good breakfast before coming. We will provide a lunch (and dinner, if we run late.)

Grooming

You should wash your hair with your regular shampoo in the morning. Do not use conditioner. Do style your hair because we will be taking photos.

Medications, Vitamins, and Herbs

Unless specifically told otherwise, you should take your regular prescription medicines as usual, including Finasteride for men or anti-androgens for women.

We will give you local anesthetic, sedatives, and pain-killers as needed to keep you very comfortable on the day and will give you tablets to take home for the first few days after your hair transplant. One or two tablets of Tylenol#3 or Percocet may be taken every four hours as needed for discomfort. A Restoril tablet can be taken each night as needed for sleep, for the first three nights. Gravol can be taken every 6 hours if needed for nausea but they are usually not needed. All medications will be provided and will come with written instructions.

We will likely give you a cortisone injection to reduce post-operative swelling but will discuss this with you first. You will not need more.

Activities

After the hair transplant, your reflexes will be slow. You can't drive, operate heavy machinery, or climb ladders for 24 hours.

To prevent dislodging grafts and to reduce swelling, it is best to sleep on your back, with a travel pillow supporting your neck, in a reclining chair or patio-lounge chair for the first 3 days. Otherwise, you can use 4 pillows, while lying in bed.

Days 1 to 4

General

In the first 4 days after a hair transplant your main goal is to let the grafts seal themselves into the skin. We do not want you to touch the transplanted area at all or to get it wet for 4 days. Limiting exertion and keeping your head up now can limit the amount of swelling you get from day 3 to 6.

Grooming

You should wash your donor hair with your regular shampoo in the bathtub every day but should not get the top wet. You can style the sides and back but don't touch the top.

Medications, Vitamins, and Herbs

You can take your usual prescription medicines.

You can resume using vitamins, herbals, taking ASA, and Advil on day 2.

You can spray Minoxidil on the recipient area on day 3 but should not massage it into the scalp until day 5.

Activities

After the hair transplant, you can't drive, operate heavy machinery, or climb ladders for 24 hours. You should avoid drinking alcohol on day 1 but can resume on day 2.

It is best to continue sleeping on your back, with a travel pillow supporting your neck, in a reclining chair or patio-lounge chair for the first 3 days.

You can go for a walk or do light activities but should avoid working out until day 5.

Days 5 to 9

General

The grafts are getting more secure and can be washed gently but firm rubbing, picking, or scratching could still dislodge them or could cause bleeding. The swelling should be declining so exercise can be resumed as long as no pressure is exerted on the grafts.

Grooming

You should wash your whole scalp gently with your regular shampoo and conditioner in the bathtub every day but should not shower or rub the top. Some crusts may come off but the others should be left alone. If you remove them before they are ready you could dislodge grafts or cause bleeding and new crust formation. You can style your hair gently but don't comb down to the scalp.

Medications, Vitamins, and Herbs

You can take your usual prescription medicines and over-the-counter treatments. You can gently massage Minoxidil into the scalp twice daily.

Activities

You can do vigorous aerobic exercise but should avoid heavy lifting because the increased pressure when you strain could dislodge grafts. You should also avoid contact sports and wearing helmets.

Days 10 to 13

General

The grafts are quite secure but could still be dislodged by picking or hitting the scalp. The crusts are ready to come off and the donor incision for FUT has healed. Your sutures will be removed.

Grooming

You should wash your whole scalp with your regular shampoo and conditioner in the shower every day and can rub firmly with the soft part of your hand or fingertips for 15 minutes to help the crusts come off. After your shower you can gently massage baby oil into the scalp and leave it in for 3 hours during the day or overnight, to soften the crusts. Do not rub the scalp when you are not in the shower and do not pick or scratch the crusts. After 3 hours or overnight you can shower again and rub the crusts in the shower. You can style your hair gently but don't comb down to the scalp. You can start using a blow-dryer.

Medications, Vitamins, and Herbs

You can take your usual prescription medicines and over-the-counter treatments. You can gently massage Minoxidil into the scalp twice daily.

Activities

You can do vigorous aerobic exercise but should avoid heavy lifting because the increased pressure when you strain could dislodge grafts. You should also avoid contact sports and wearing helmets.

Days 14 to 20

General

The grafts are quite secure but could still be dislodged by picking or hitting the scalp.

Grooming

You can wash and dry your hair normally. You can style your hair gently but don't comb down to the scalp.

Medications, Vitamins, and Herbs

You can take your usual prescription medicines and over-the-counter treatments. You can gently massage Minoxidil into the scalp twice daily.

Activities

You should avoid contact sports and wearing helmets.

3 weeks to 4 months

General

The grafts will change from the resting (Telogen) phase to the growing (Anagen) phase. Most people look the same as before their hair transplant. For a few, this can be the most difficult time after a hair transplant because it is too early to see improvement but nuisance side effects like pimples or persistent pinkness or shedding of existing hair can occur. If you have any concerns please contact us as there are remedies for each nuisance side effect.

Grooming

You can wash and dry and style your hair normally. 4 weeks after your hair transplant you can cut and/or colour your hair.

Medications, Vitamins, and Herbs

You can take your usual prescription medicines and over-the-counter treatments. You can gently massage Minoxidil into the scalp twice daily.

Activities

You can participate in all activities.

4 months to 8 months

General

Some transplanted follicles will be growing but some will still be resting. This will be a gradual transition phase. Some worry about whether their hair is growing well enough but it is too early to judge. You would be welcome to come for a return visit at around 5 months for some reassurance that you are on the right track.

The nuisance side effects should have resolved. If in doubt, we would rather hear from you than have you worry. Otherwise, there is nothing to do but wait for your hair to grow.

The donor area has usually recovered its flexibility enough for more FUT after 6-9 months.

8 months to 12 months

General

While the hair usually looks good by 8 months it won't have filled in completely until about 12 months after the procedure. We would encourage you to return for a consultation so that we can make sure that both you and we are happy with the final results. We want all of our patients to be satisfied.