HAIR RESTORATION INSTRUCTIONS AFTER FUE SURGERY:

1. Take it easy for the remainder of the day. **DO NOT** get hot. **DO NOT** do any heavy lifting or strenuous exercise for at least 1 day. **DO NOT** lean over to tie your shoes or pick up objects for the first 24 hours, as this may provoke bleeding.

2. **DO NOT** drink any alcoholic beverages for 2 days following the procedure, to avoid excessive bleeding. Also avoid the use marijuana or other chemical substances not prescribed, for one week following the surgery.

3. If bleeding occurs in the donor area, apply firm, steady pressure for 20-30 minutes. Repeat if necessary. If bleeding persists, locate the exact bleeding point and apply pressure directly to the area with an ice pack. If bleeding continues, contact your office or your family physician. If you are out of town, go to the nearest emergency department and ask attending physician to suture the area. If he/she has any questions, they should call Dr. Bishara any time day or night.

4. Take your pain medication at the first signs of discomfort. **DO NOT WAIT UNTIL YOU HAVE PAIN.** Take one tablet approximately 20 minutes before retiring for the evening. Take this medication with food.

5. Sleep with your head elevated with two or three pillows for 2 days. We have provided you with disposable pillowcases for use on your top pillow.

6. Until the graft recipient sites have healed, keep the area clean. (See cleaning instructions)

7. Crust (scabs) will form over the transplant sites and solidify the first few days. These crust will naturally fall off within one week. **DO NOT** pick at these crusts at anytime.

8. Spray with saline every 2 hours starting the morning after surgery.

9. If using the Graftcyte healing system, please refer to the Graftcyte Instructions in the kit.

**CLEANING STEPS**

1. Spray with saline every hour starting the morning after surgery.

**SHAMPOO STEPS**
1. Please wait 24 hours before shampooing.
2. 15 minutes before your shower, place a wet facecloth or paper towel on your grafts. Remove before entering the shower. This will prepare the area for cleaning.
3. Gather a large plastic cup and a piece of gauze.
4. Carefully wet the grafts with lukewarm water from a cup in the shower. Do not spray directly from shower head for 3 days following the procedure.
5. Lather a small amount of shampoo in the gauze.
6. Wash the grafts gently with the gauze using a slight patting motion for the next 3 days. After the third day, use your fingertips on the grafts with a light circular motion and increase the pressure each day. After seven days you should be shampooing normally.
7. Be sure to also cleanse the suture area thoroughly with fingertips or gauze. You can be more aggressive with this area from the first day.
8. Finish shampooing all other areas of your head as you normally do.
9. Gently rinse your entire head with lukewarm water using the cup.
10. Carefully BLOT your grafts dry with a towel.

CONDITIONING STEPS

1. Apply a small amount of conditioner to hands.
2. Leave on for 2 minutes, then rinse.

STYLING

1. You may use your blow dryer at a cool setting to dry your hair until your grafts are healed. You may also use gels, mousse or hair spray sparingly. Use caution when combing or brushing your hair (especially the first 3 days). Keep the comb or brush off your scalp as you style.
2. An optional scalp cleansing will be done one month after surgery. Please be sure to call the office to schedule this. There will be a normal charge for this visit.

SUMMER POST-OPERATIVE INSTRUCTIONS

1. No swimming in pools or lakes. No hot tubs or saunas until the areas have healed.
2. Ocean water is allowed after 2 days.
3. No direct sunlight for the summer. Please be sure to wear a hat.