



## **HAIR RESTORATION INSTRUCTIONS AFTER STRIP TRANSPLANT:**

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 5 days. **DO NOT** lean over to tie your shoes or pick-up objects for the first 48 hours, as this may provoke bleeding.
2. **DO NOT** drink any alcoholic beverages for 2 days following the transplant procedure, to avoid excessive bleeding. Also avoid the use of marijuana or other chemical substances not prescribed, for one week following 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 us or your family physician. If you are out of town, go to the nearest emergency department ask the attending physician to suture the area. If he/she has any questions, they should call Dr. Bishara at **877-70- NEW LOOK** any time day or night.
4. Take your medication for pain 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 on two or three pillows for 2 days. We have provided you with disposable pillowcases for use on your top pillow.
6. Crusts (scabs) will form over the transplant sites and solidify the first few days. These crusts will naturally fall off within 1week. **DO NOT** pick at these crusts at anytime.
7. You may develop some post-operative edema (swelling) of the forehead and eyes for up to 2-3 days post-op. Ice packs can be applied to the forehead area. Do not apply ice to the grafts. This is not serious and resolves itself spontaneously. We have applied tape across your forehead to reduce swelling. If in the unlikely event you have fever, redness or pain call the doctor immediately.
8. For Strip Method apply triple antibiotic ointment 3-4 times per day for one week to the **DONOR** area.

### **CLEANING**

1. Spray recipient cyte with saline or with the spray that came with the grafts cyte kit, every hour starting the morning after surgery. If at home apply the shower cap to keep grafts moist.

### **SHAMPOO STEPS**

1. Please wait 24 hours before shampooing.
2. Gather a large plastic cup.
3. Carefully wet the grafts with lukewarm water from a cup in the shower. Do not spray directly from shower head for 2 days following the procedure.
4. Lather a small amount of shampoo in your hands and apply to the graft area
5. Wash the grafts gently with the your fingers using a slight patting motion for the next 3 days. After the third day, use your fingertips on the grafts with a circular motion and

increase the pressure each day. After seven days you should be shampooing normally.

6. 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.
7. Finish shampooing all other areas of your head as you normally do.
8. Gently rinse your entire head with lukewarm water using the cup.
9. Carefully blot your grafts dry with a towel.

### **STYLING**

1. You may use your blow dryer at a cool setting to blow 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. Keep the comb or brush off your scalp as you style.
2. A scalp cleansing can be done one month after surgery. Please be sure to call the office to schedule this. There will be a nominal charge for this service..

### **SUMMER POST-OPERATIVE INSTRUCTIONS**

1. No swimming in pools or lakes. No hot tubs or saunas until the areas are completely healed and sutures are out for 24 hours.
2. Ocean water swimming allowed after 3 days.
3. No direct sunlight for the summer. (Please be sure to wear a hat or use the SKIN CEUTICALS sunscreen that can be purchased in our office).
5. Ok for rigorous exercise after sutures have been removed. 7-14 days.

IN CASE OF EMERGENCY CALL: DR. MARK BISHARA  
24 HOURS A DAY 1-877-706-3956

FOR ROUTINE QUESTIONS PLEASE CALL THE OFFICE AT  
1-877-706-3956

*“The Leaders In Hair Transplant Surgery”*