

POST SURGERY INSTRUCTIONS FOR FUE

Dear Patient,

Following your surgery procedure, special care must be taken especially during the first two weeks.

Please read the below instructions carefully:

- The use of the bandana should be limited for getting around in public. Do not leave on for many hours at a time and especially do not sleep with it on.
- Direct trauma is one of the main causes of graft loss after transplantation so take care to avoid bumping your head especially when getting in and out of the car.

First 3 Nights

Sleep with 3-4 pillows behind your shoulders in order to keep your head above your heart, approximately at a 45 degree angle. This is important as it will minimize swelling.

Report immediately to clinic

- Temperature above 38° C
- Any excess bleeding
- Sudden swelling within first 12 hours of surgery

1. Care of Recipient and Donor Areas

1st Day

The day following your transplant you must spray the transplanted (recipient) area with saline solution **every half hour or a little earlier** and must continue doing so until it runs out. Apply Bepanthen Plus cream to donor area twice daily.

It is highly recommended to visit the clinic the day after surgery for general check up.

2nd-5th Day

Wet the scalp without excessive direct shower pressure. Then apply the **"Octenisan Scrub (shampoo 1)"** to hands and work up to a lather. Apply to the whole head and use your fingertips to gently massage with circular motions the recipient area for 1 minute and for 1 additional minute massage a little bit harder the donor area. Rinse without excessive direct shower pressure. Continue by applying **"After Transplant shampoo (shampoo 2)"** exactly the same way as you have done with shampoo 1. This procedure should be done **2 times daily**. Then apply Bepanthen Plus cream at the back and sides of the head (donor area).

6th-12th Day

Continue as days 2nd-5th **without** applying the Bepanthen Plus cream at the donor area.

Massaging should be applied harder after the 5th day so that by the 12th day the scabs should be gone. Also allow direct shower pressure after the 5th day.

Day 13th and onwards

Continue using **Octenisan Scrub and After Transplant Shampoo (shampoo 1 & 2)** until they're finished and then you can use your regular shampoo or a shampoo recommended by the clinic.

HDC Medical Trichology Centre

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► important ◀

Avoid any kind of cream, foam, gel or any other hair styling products for at least 25 days after the transplantation. Hair dyes should not be used for at least 30 days post operatively and with the consent of the clinic.

During your stay at the Clinic, we recommend that an appointment is arranged with our consultant Trichologist to discuss hair retention products, like scalp drops, and future hair loss concerns.

2. Medication

Sleeping Pill You will be given a pill that will help you sleep the first night after the transplantation. Do not drive or handle heavy machinery after taking this pill. The consumption of alcohol is also forbidden whilst you are taking medication.

Pain Killers Our aim is to reduce any pain and discomfort following your transplantation. You will be given pain killers which you can take every six hours. It is forbidden for you to take aspirin or any anti inflammatory medication for at least three days after the transplant in order to avoid any bleeding.

3. Additional Useful Information

Bleeding It is rare to experience bleeding once you have left the clinic. In such an instance, call us immediately

Rest Position The ideal position to place your head for the first 3 nights is a 45° angle to the bed. You can use as many pillows as you like for support. This position reduces the possibilities of excessive swelling.

Swelling If swelling appears, after the end of the transplant process, this reduces on its own within 3-4 days and is harmless. If it is painful and/or is accompanied by fever then contact the clinic.

Exercise Alcohol Smoking The following day from your transplant procedure, it is advisable that you stay home and rest. The following 3 days you can begin taking on, light day-to-day work. At the same time, you should avoid any form of exercise for the first 15 days, especially lifting of heavy objects. After 15 days light exercise e.g. use of treadmill or swimming in sea water is ok. **DO NOT EMERGE** transplanted area in chlorinated water, e.g. swimming pool or Jacuzzi for 2 months. Heavy exercise, like weight lifting, should be avoided during the first month. Avoid any form of sexual contact at least for the first 3 days. We also advise no smoking or alcohol for the first 3 days following your procedure, as this can lessen the growth of transplanted hair.

Sun Please avoid unprotected sunlight for at least 6 months; this is because

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you might get sunburned and hinder graft growth. Please use a baseball cap and apply a strong sunscreen cream over SPF 35.

Infection In the event of any infections contact the clinic.

Numbness In the unlikely event of numbness, do not worry. It can be present not more than two-six months.



For any questions or queries, please do not hesitate to
Contact us at the UK free phone number **0808-2347929**