

## POSTOPERATIVE CARE-OUTPATIENT SURGERY

### HAIR TRANSPLANTATION

- **Your first 24 hours**

Someone should stay overnight with you.

- **Dressings**

*Keep your dressing as clean and dry as possible. Do not remove them unless instructed to do so.*

- **Swelling and Pain**

Expect some discomfort. This should be relieved by your pain medication.

There is occasionally swelling of the forehead after surgery. The application of ice packs or frozen peas in a soft pack to the forehead and elevation of the head are all helpful. Swelling usually peaks 3-5 days and decrease rapidly thereafter.

Pain is usually mild to moderate and is the worst during the first 6-8 hours after transplantation. There is usually almost no pain the day after surgery. Pain medicine is provided but should be used as needed.

- **Crusting**

Some crusting will normally occur around the recipient sites. There is always a small amount of oozing and bleeding following surgery. The subsequent applications of antibiotic ointment, Aloe Vera or vitamin E cream will reduce crusting, though the scalp will be a little messy. Usually, all crusting is gone in 7-10 days.

- **Bleeding**

If bleeding from the donor site or one of the recipient sites occurs, local pressure with gauze pad or washcloth for 20-30 minutes will usually control the problem. If bleeding is severe, please call the office.

- **Ice Packs**

Cold or ice packs help to reduce swelling, bruising, and pain. Use frozen peas in the package or crush ice cubes and put the ice into a zip-lock bag. This should help, not hurt. If the ice feels too uncomfortable, do not use it as often.

- **Activities**

We want you to avoid straining or any aerobic activity for at least 3 weeks after surgery. This is to avoid bleeding, bruising, and swelling. Do not resume strenuous exercise for 4-6 weeks. The physician will give you clearance to increase your activities according to the progress of your recovery.

- **Diet**

If you have any postoperative nausea, carbonated sodas and dry crackers may settle the stomach. If you feel normal, start with liquids and bland foods, and if those are well tolerated, progress to a regular diet. If nausea is severe, contact the office.

- **Smoking**

Smoking reduces capillary flow in your skin. We advise you not to smoke at all during the first 15 days after surgery.

- **Alcohol**

Alcohol dilates the blood vessels and could increase postoperative bleeding. Please do not drink until you have stopped taking the prescription pain pills, as the combination of pain pills and alcohol can be dangerous.

- **Driving**

You may resume driving 7-10 days after surgery. Keep in mind that you must have full use of your reflexes. If pain will inhibit them, do not drive!

- **Sexual Activity**

You may enjoy sexual activity as your body allows.

- **Work**

The average person usually returns to work or to a social schedule in 2-3 weeks. However, there is considerable variation in healing ability and occasionally a full month is required.

- **Post Operative Appointments**

It is very important that you follow the schedule of appointments we establish after surgery.

- **Finally**

If you have any further questions, please feel free to contact the office at 859-254-5665.