



Post - Operative Instructions

Post - Operative Instructions

Please read all of this booklet carefully, as it contains important information regarding your hair transplant surgery.

The healing process after a hair transplant is in most cases is relatively easy. However, in order for you to obtain the best possible results you will need to follow the guidelines given to you by City Clinics. Adherence to the following instructions will ensure that you obtain the best possible result.

Leaving the clinic & what to expect

24-hour post-surgery courtesy call

- **24-hour post-surgery bandage must be removed and donor area must be treated properly**
- **3 months follow up**
- **6 months follow up**
- **12 months follow up**
- ***At patient's discretion***

Day of the Surgery	Day 1 24 hours post-op	Day 2 48 hours post-op	Day 3 72 hours post-op
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Medication

You would have been prescribed with the following medication:

Flucloxacillin – Antibiotic to prevent infection.

Dosage – Consume one pill four times per day for a duration of 7 consecutive days.

Prednisolone – Steroid to reduce swelling.

Dosage – Consume six pills in the morning for a duration of 5 consecutive days.

If you are allergic to Penicillin an alternative medication will be provided such as:

Clarithromycin – Antibiotic to prevent infection.

Dosage – Consume one pill twice a day for a duration of 7 consecutive days.

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How to sleep after a hair transplant

Post surgery, it is important that your transplantation area does not come into contact with anything that can damage the newly transplanted hair follicles. When you sleep, you must sleep in a position where you do not risk laying on your recipient/transplanted area. This may feel strange for many.

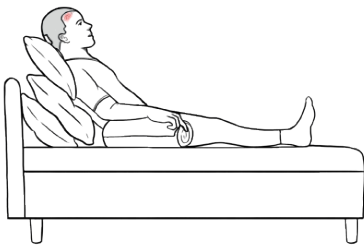


Figure (1)

Sleeping position for post transplant crown

After 3 days, you can start to sleep as normal. The hair follicles would have embedded into position. The newly transplanted area cannot come in contact with anything while you sleep. Stack pillows on top of each other so that you can sleep in a slight sitting position. We recommend a neck pillow for comfort.



Figure (2)

For those who move around alot during their sleep

The newly transplanted recipient area cannot come into contact with anything whilst you sleep. If you move a lot in your sleep, we recommend that you roll up a pair of towels or place two pillows by your sides for arm rests.



Figure (3)

Alternative sleeping position for post transplant crown

Once again if you move frequently in your sleep, we recommend that you roll up a towel or place additional pillows by your sides to act as arm rests. After 3 days, you can start sleeping like normal again. The hair follicles have then grown into place and you do not need to worry about causing any harm to them while you sleep.

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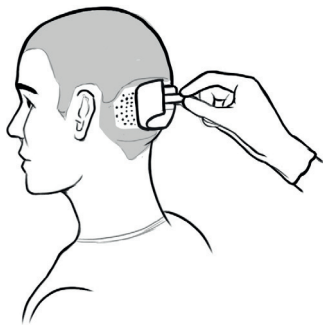
The bandage must be removed 24 hours post surgery

How to remove the bandage:



1.

After the procedure, the donor area is covered with antiseptic cream where it acts as an extra barrier against dirt. We then put a bandage over the donor area.



2.

The day after the procedure, the bandage should be taken off. It is important that it does not stay on for longer than 24 hours or the bandage may dry into the skin.



3.

When you have taken off the bandage, pat the skin dry with a paper towel or use a clean towel. You can wash the donor area if you want.



4.

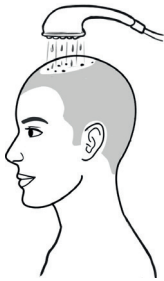
Apply Sudo/Savlon cream (antiseptic cream) to the donor area

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Washing the transplant area

48 hours after your hair transplant (on day 2), you should start washing your hair. It is very important that you wash your hair every day as per the instructions, so that the scabs fall off within 7-10 days after your hair transplant. When the scabs fall off, the new hair follicles will start growing faster.

You can begin washing your hair carefully with a mild shampoo. Lather up the shampoo in your hands and leave it on the transplanted area for a few minutes before washing it off.



1.

When you wash your hair for the first time 48 hours after your hair transplant, wash the area with lukewarm water and not too much pressure from the showerhead. Let the water trickle over your head for 10 minutes.



2.

After washing, pat dry the hair carefully with a paper towel. Alternatively, you can let it air-dry naturally.

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Caring for and cleaning the scalp:

Your scalp will be cleaned before leaving the clinic on the day of your procedure. Often there is some slight bleeding from the back (donor site area) or top of the head for the first 24 hours. Simply apply light pressure with a clean cloth or gauze for 10 minutes.

- On the day of your surgery you will be given a small saline solution, please ensure you spray this on the transplanted area hourly for 3 consecutive days. You do not need to do this at night when you are sleeping. If you run out of the solution, you can refill the bottle with mineral water.
- You can start washing your hair gently on the 2nd day, 48 hours post-surgery. Continue this routine daily for the first 2 weeks. 2 weeks post op, you may begin to shower normally, letting the water hit your scalp as usual.

Different ways of gently washing your hair:

Method 1- Using a bowl

Step 1 - Pour a bowl of lukewarm water over your scalp, top, sides and back

Step 2 - Mix baby shampoo with water in the bowl and pour it over your scalp

Step 3 - Pour a bowl of lukewarm water to wash off the baby shampoo Repeat steps 1-3 for 10 minutes

Method 2- Using a sponge

Step 1 - Let the sponge absorb water

Step 2 - Squeeze water on the grafts without touching the grafts

Step 3 - Mix baby shampoo with water and let the sponge absorb this

Step 4 - Squeeze the baby shampoo onto the scalp

Step 5 - Squeeze clean water on top to wash off the baby shampoo Repeat steps 1-5 for 10 minutes

Method 3- Using a low-pressure shower

Step 1 - Use a very low-pressure shower on the grafted area

Step 2 - Lather the baby shampoo in your hands and gently pat it onto the grafts

Step 3 - Using a lower-pressure shower to wash this off

Repeat steps 1-3 for 10 minutes

Method 4- Using a spray bottle

Step 1 - Get 2 spray bottles. Fill in one bottle with lukewarm water and the second bottle with a mixture of baby shampoo and water.

Step 2 - Spray the scalp with clean water

Step 3 - Spray on the baby shampoo mixture

Step 4 - Wash it off with the clean spray bottle

Repeat steps 1-4 for 10 minutes

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- Drying your hair – do not use a towel or blow-dryer to dry your hair. Let the hair dry naturally.
- Combing is permitted on the 3rd day as long as it is performed gently.
- Any remaining crusts after 10 days should be rubbed off. If you experience any pain or bleeding, stop and wait two more days before you begin rubbing again. It is important that you rub all these crusts off by 2 weeks. Use your finger tips and ensure your nails do not tamper with the grafts when rubbing off the crusts.

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What to expect:

- **Numbness, tingling, or similar sensations** along the top and back of the head is not uncommon, and totally normal. This will generally take several weeks, occasionally months, to resolve on its own.
- **Swelling** is a very common side effect and it normally happens 2 to 3 days after your surgery. If the frontal area was done then it is most likely to happen and it travel down to the eyes, nose and temple sides, however there is nothing to be worried about as this normally resolves by itself.
- **Dry scalp** Is a common side effect and we normally recommend that you just continue to use your water spray. If you experience dry scalp after 2 weeks, T-gel shampoo is recommended.
- **The transplanted hairs** often will fall out with the crusts 5-10 days after the procedure. **Do not panic** as these are only the hair shafts. The hair follicles remain in the scalp. Most of the transplanted hairs will fall out over the next 2 weeks. After 4 months, the new hair shafts will begin to grow in a natural fashion and will continue to grow at the normal rate. It can take 8 to 12 months for most of the hairs to grow. Occasionally, it may be up to 14 months before all of the hairs regrow.
- **Be patient** for the new hairs to grow.

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Aftercare:

The healing process after a hair transplant is in most cases relatively easy. However, in order for you to get the best results, you will need to follow the guidelines given to you by the Clinic

- After a hair transplant, small scabs will form on the back of the head, where the hair follicles have been extracted, and on the top of the head, where the hair has been put in. These will fall off within 7 to 10 days. Be sure to wash the areas as per instructions to encourage the scabs to fall off.
- If you experience any itching on your scalp you can use over the counter antihistamines such as Piriton.
- The area around the scalp can become swollen due to the anaesthetics. The swelling usually settles down within a couple of days.



Shower

48 hours after the procedure, you can start washing your hair. After day 2, you can start carefully washing the hair with a mild shampoo, but avoid drying the scalp too harshly with a towel. Pat dry with a paper towel. It is important to wash the hair to avoid risk of infection.



Hat

After 5 days you can start wearing a loose adjustable hat. **NO beanie or woolly hats.** It should not be too tight and should only stay on for short periods of time. If you wear any helmets/ hardhats try to avoid this for the first 2 weeks. After 14 days you can style your hair.



Alcohol

Alcohol should not be consumed up to 48 hours before or after the procedure.



Sun

Avoid strong sunlight the first month after the procedure.

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Cut Hair

After 4 weeks, you can start trimming the transplanted hair. The transplanted area should not be shaved with a razor for the first 6 months. The rest of the hair, including the donor area, can be cut like normal.



Sauna

Avoid a sauna up to 4 weeks after a hair transplant. The heat can damage the newly transplanted hair follicles.



Swimming

Pool, jacuzzi and public swimming pools should be avoided the first 4 weeks. This is because there is a lot of bacteria, chlorine and detergent in such places. Swimming in the sea should be avoided 4 weeks after the procedure.



Love Life

Try to keep your love life to a minimum 1 week after a hair transplant. The increase in blood pressure can, like when working out, rupture the capillaries in the hair follicles, which will make the follicle die.



Working Out

Avoid working out and activities that greatly increase blood pressure and heart rate up to 14 days after the procedure. Also avoid lifting heavy objects and bending the head too much. Light exercise can be resumed after a week. Calm walks are fine and encouraged to keep blood circulation going.



Smoking

Smokers are encouraged to not smoke for at least a week after the hair transplant. Smoking has a big impact on the blood circulation and body's healing ability and will affect your results negatively.

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Frequently asked questions

How soon will I be able to see the final results of the hair transplant?

Usually, you will see the full results of the procedure after 12 months. Hair grows at different rates for different people, however, so some people might see good results as soon as 6 months after the procedure. It is important to be patient when you do a hair transplant because it doesn't happen overnight.

How long is the healing process after a hair transplant?

The most critical time is the first 2-3 days when the area is at its most sensitive. The first week you should be extra cautious. After 2 weeks it is okay to start exercising, but you should still be careful in the sun and make sure you don't accidentally scrape the transplanted hair. After 3 weeks you can generally do most everyday things, but heading a football, wearing a helmet, or shaving with an electric razor might be exceptions to that. We are always available for any questions about post-transplant aftercare.

How often should you get a PRP treatment?

We usually recommend 3-4 treatments a year. With 3 months in between to activate the natural processes in the body in the best way. Exactly how many treatments that are needed is discussed at a free consultation with the patient's ideas and wishes in mind.

Why is it important that the scabs fall off from the transplantation area?

If the scabs stay on too long, they create a hard barrier that restricts the hair from growing. It is therefore important that you wash the hair as per the instructions you have been given by us to encourage the scabs to fall off as soon as possible. If you wash your hair regularly every day, the scabs will fall off naturally and you also avoid risk of infection.

How long should I wash the transplanted area?

To help the scabs fall off as non-abrasively as possible, and to keep the area clean, we recommend that you stand in the shower for 10 minutes. Do not wash the area longer. 10 minutes is enough to soften the scabs and help them fall off naturally. Continue this every day until the scabs have fallen off.

What are the side effects of a PRP treatment?

The treatment is safe and natural as it is your own blood being used. There may be some redness that appears right after the treatment but it disappears within a couple of hours. You can go back to your everyday activities immediately after the treatment.

Is a single PRP treatment sufficient?

PRP is not a permanent solution. Losing hair is something most people do, and PRP helps slow it down and stimulate new growth. How efficient it is, and how long it lasts, varies from person to person since everyone has different conditions to begin with. In order to get a correct assessment of your hair, we recommend scheduling a free consultation.



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