



How to Care for your Hair Transplant Grafts

You have invested time and money in your grafts. Please follow these instructions carefully to ensure optimum results.

Please contact us first if possible if you have any urgent worries or problems. In an emergency, we do carry mobile phones and have an answering machine but if you feel you need medical assistance immediately, then please seek advice from your local GP or casualty department. However, most problems are straightforward and part of the normal healing process. Please 'phone us during working hours on 01789 414203 and there will be staff who can help you.

Day of Procedure.

You may wear a baseball cap or similar to go home in. We will show you how to put it on but once it is in place, **do not take it off again or keep adjusting it**, as your scalp will still be numb from the local anaesthetic and it is very easy initially to dislodge or damage grafts without realising it. When you get home, we recommend that you remove the cap, slowly and carefully, whilst watching in the mirror.

We will give you some paracetamol, which you may need to take for the first 24 hours. Once the local anaesthetic has worn off, your donor site is likely to feel tight and sore. You will benefit from taking the painkillers (ibuprofen may also be taken) regularly, every four to six hours, for the first 24 hours or so, as this will reduce the discomfort to a minimum. You should not drink alcohol for the first 24 hours as this "thins the blood" and may cause minor bleeding. After the procedure, you may experience slight spotting of blood from the donor site but this is not unusual and you should simply press firmly on the area for 5 minutes with the clean swabs provided.

Days 1 - 2

Day One is the day of the procedure.

Your donor site may still be a little sore. Avoid scratching or picking the crusting on your scalp. You will be given a small spray bottle of saline which should be lightly sprayed onto the crusts every hour. This keeps them moist and is also useful if you get an itch. You may get some forehead or eyebrow swelling over the next few days. This is normal and is to be expected. This can be reduced by "taking it easy." You should lie back rather than sit upright if reading or watching TV as this will help any swelling to dissipate away from your face.

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Days 3 - 4

You can now get your hair wet. Stand under a gentle, lukewarm shower for five minutes, letting the water soak the crusts but do not scratch or use shampoo just yet. Leave your hair to dry naturally, using your fingers to style it, dabbing gently with a soft towel. **DO NOT RUB!** You can do this twice or even three times a day for 10 minutes a time. Any forehead swelling will peak now and disappear over the next few days.

Days 5 – 10

You should now start shampooing daily with a mild shampoo such as Neutrogena. You should apply the shampoo to the back or sides of the head, away from your grafts and gently work into a lather. You should then gently allow the soapy suds to run onto the grafts. Do not be tempted to pick at the crusts but don't be surprised if some of the graft hairs come away with the loose crusts. This is perfectly normal. This should be carried out daily as this helps to speed up the healing process. You can gently start shampooing around the grafts from day seven.

Days 8-10 - Removal of Stitches

The type of suture used is a 40 Vicryl rapide which will start to be absorbed around day 10. However, stitches are best removed if possible, because the scar will heal better, quicker and you'll get back to normal faster, but also because the absorption process causes itching. The stitch type is a simple continuous spiral "running stitch", similar to a "spring." Each visible loop of stitch should be cut first, then the short lengths removed. **Do Not** attempt to cut one end and pull through!!

Days 11-14

The donor area should now be healed. Many patients find the donor site more comfortable once the stitches are removed. You should avoid heavy lifting or exercise until at least two weeks is up.

Day 14 – Six Months

Once your stitches have gone and the donor area feels comfortable then it is a good time to have a haircut. Over the next six months, the individual hairs will start growing through, getting longer each day. It is important to realise that the hair doesn't appear "all at once" but is a gradual process, maximum results achieved once all the hair has grown to a reasonable length i.e. not cut short. You can treat your hair normally now, washing, drying, cutting etc.

It is normal not to see any growth at all before three months and it often takes the six months before thick growth comes through. It is also common for the



transplants to initially grow for a few weeks, then shedding later at 4 weeks, before regrowing.

Review

We would like you to return for review at 6 months to check on growth, results and satisfaction. We can compare your before and after photos and discuss any future hair restoration requirements. This review is mandatory but if it is difficult for you to get to see us, then please keep us informed by telephone or post.

Patient Service Questionnaire

We would like you to take a few moments to let us know of any improvements we can make to our service. This is completely confidential and will help us to help you and future patients.

How did you hear of us? Magazine/Radio/TV /Newspaper/Internet/Other

How do you rate your experience of the following? Score out of 10
(10 Excellent, 0 very poor)

- Advertising -
- Web site –
- Correspondence -
- Consultation -
- Pre – operative care -
- Procedure -
- Post Operative Care -
- Post operative recovery -

Other Comments -

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