

POST OPERATIVE INSTRUCTIONS HAIR TRANSPLANT PROCEDURE

Report to the clinic, if following symptoms occurs:

- Any rise in temperature over 37.7 c or 99.86 f
- Excessive bleeding
- Sudden swelling of forehead or eyes

For Next 24 hours

- Grafted area should not be touched by anything for 10 days
- Take medications as directed. **NO ASPIRIN, VITAMIN E**, and any blood thinning substance, herbal supplements, multivitamins, artificial proteins/shakes etc.
- Avoid strenuous activity or lifting for 4 weeks.
- Do not bend over to pick up objects or tie your shoes for 48 hours. If you need to pick something light, please squat. Exerting oneself may cause bleeding from the transplanted areas as well as swelling of your scalp and forehead.
- No alcohol, no smoking, no midwakh for one week hours.
- Sleep face up position with your head elevated on one or two pillows, for several nights. You are not allowed to sleep in face down position.
- To prevent swelling on your eyes, forehead and face, you may place a wrapped ice pack on your forehead for 2 minutes eve oy day and repeat it until the 4. day after the procedure date, but not on the transplanted area; which could pull out the implanted grafts. Swelling is not a serious problem it will go atay after few days.
- Try to have soft diet and avoid chewing hard meat food.
- If bleeding occurs, apply a light steady pressure for 20 to 30 minutes with a wet clean cloth. If you press too hard, you may dislodge the surrounding grafts. If the bleeding does not stop, please contact Dubai Cosmetic Surgery immediately. In very rare case to suture the bleeding point might be considered
- Kindly visit the clinic the next day to remove bandage and follow up
- You are not allowed to drive after the surgery; ask someone to drive you home, or please let us know if you would like us to arrange transportation for you, as you may feel drowsy.

PLEASE TAKE CARE DON'T BUMB YOUR HEAD.

How to shampoo:

First shampooing will be on the 3rd day after the surgery in the clinic

Shampooing

Donor Area

Take a mug of slight lukewarm water and mix baby shampoo in it. Pour this water on your head and gently rub only donor area with the pulp of your fingers. Then rinse it with plain water. Repeat this procedure every day until on the 10th day after the surgery. Do not use towel to dry the area. You can apply paper towel directly on the area without rubbing.

Recipient Area

Take a mug of slight lukewarm water and mix baby shampoo in it. Pour this water on your head leave it for 5 minutes, and then while pouring normal water apply gentle pressure in a circular motion with the pulp of your fingers to rinse the shampoo. Repeat this procedure twice a day every day until on the 12th day after the surgery. Scab will fall by time, do not try to remove the scabs with your nails, otherwise you pull out the grafts. Do not use towel to dry the area, let it dry naturally.

For 10 days:

- Do not use direct shower on head
- Do not brush your hair on grafted area and do not use hair-dryer.
- Do not use towel, let it dry naturally
- In case of itching, put some gentle pressure with the help of cotton gauze on that area at least for 2 minutes. Do not scratch it with your nails.
- No swimming in chlorinated water for 1 month.
- Do not expose your scalp to the sun for 2 weeks. But if you are obliged to go out under sun, buy a baseball hat which is adjustable. The top of the cap should be rigid and should not collapse and touch the transplanted area. Visor of the cap should be flat, not flexed otherwise it may touch to the transplanted area on the front and sides.
- Crusts will form over grafts within 1 to 2 days. Crust must be off the scalp by 10 days.

- Kindly come to clinic for suture removal in 10 to 14 days (this is for FUT - strip method). After suture removal, moderate activities are advisable.
- Infection in the grafts is rare, but if there is redness, pus, swelling, tenderness on any of the grafts, kindly call the clinic immediately, antibiotic is rarely necessary.
- After 4 weeks any degree of exercise or reasonable training will not be harmful to your transplanted hair and you can resume normal gym activity.

After Surgery

- 1st Day: Come for bandage removal and follow up
- 3rd Day: Come for first shampooing/Head wash
- 12th Day: Come for scab removal
- 30th Day: Come for PRP injection therapy, if your package includes it
- 60th Day: Come for follow up by appointment
- 90th Day: Come for follow up by appointment. After photo
- 120th Day: Come for follow up by appointment After photo
- 150th Day: Come for follow up by appointment. After photo
- 7 Months: Come for follow up by appointment. After photo
- 10 Months: Come for follow up by appointment. After photo
- 12 Months: Come for follow up by appointment. After photo
- 18 Months: Come for follow up by appointment. After photo
- 24 Months: Come for follow up by appointment. After photo

Please do not hesitate to contact Dubai Cosmetic Surgery if you need any further advice or information. [+97143485575](tel:+97143485575) or email at info@dubaicosmeticsurgery.com

PRE OPERATIVE INSTRUCTIONS HAIR TRANSPLANT PROCEDURE

1. You should have good breakfast in the morning of the surgery date (Avoid Coffee & tea).
2. Follow you doctor's order regarding taking any medicines.
3. Stop Smoking, shisha and midwakh and alcohol 10 day before.
4. Notify doctor if you have any changes in your physical condition such as cold, fever, flu etc.
5. If there is any chance you are pregnant, please inform us.
6. If you have mostly white hairs then please dye/color your hair with black 1-2 days prior to surgery.
7. Medication should be stopped prior to surgery:
 - All kind of Blood thinner medicines: such as Aspirin. But if you are suspicious about any medicine you are using, whether it is blood thinner or not please inform us.
 - Artificial protein and protein shakes which contain LARGININE should be stopped 1 month in advance: Rest of should be stopped 15 days before the surgery date.
 - All type of multivitamins should be stopped 10 days prior to surgery date.
 - All kind of herbal supplement should be stopped 10 days before the surgery date.
8. You may feel drowsy after surgery, so you are not allowed to drive, ask someone to take you home or let us know if you would like us to drop you.

Date of Surgery:

- Please apply Emla cream 45-60 minutes on your scalp prior to surgery.
- Please be present in the clinic latest by 8.30 am
- Please have a full breakfast without having tea/coffee.
- Please take a shower before coming to clinic.
- Please wear open button shirt and comfortable trousers, slippers, T shirts are not allowed to wear on the day of surgery.

How much time surgery will take?

- It is an outpatient surgery/procedure usually it takes 6-9 hours and very rarely continue on the next day (if Doctor deems suitable to continue on the next day he will inform you during the procedure.)

Which type of Anesthesia you will receive?

- This procedure is done under local anesthesia. It provides numbness to a small area.

How long you will stay in Surgery center?

- Depends on individual case maximum of 6-9 hours, you may stay little bit longer.

Will I be able to travel internationally after the surgery?

- You can travel but please notify if you are planning to do so.

Can I wear hat after the Surgery?

- After the procedure we leave the recipient/transplanted areas open and we advise our patients to stay indoor around 7 to 10 days. The reason is to stay indoors is to protect the transplanted area and donor area from any kind of infection and infectious sources. The first 3 days are very important for you stay indoors. If it is very necessary to go out, then please wear an adjustable baseball type cap for limited time of 2-3 hours. Top of cap has to be hard that it should not fall/collapse on transplanted area, and visor of cap has to be straight to avoid touch/scratches to the transplanted area of front and sides.

NOTE;

- You might experience swelling around your eyes, which is normal after the surgery. It will subside with 10 days after the procedure date.
- It is extremely important for us to know your medical and surgical history and medications you are taking.
- Please inform us in advance if you have any kind of allergy and any concerns regarding the scheduled procedure.