

DONOVAN

HAIR RESTORATION

21 Bedford Road. Toronto, ON, CANADA M5R 2J9

POST-OP INSTRUCTIONS – Page 1 of 12

We look forward to making your post op recovery period as easy for you as possible and are here to help you however you need us - 24 hours a day! After your procedure, we'll review all of your post-operative ("post-op") instructions in great detail.... and then review it with you the following days as well. Dr. Donovan is available for his patients 24 hours a day so never hesitate to contact us!

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT US. WE'RE HERE TO HELP.

Email: office@donovanmedical.com

Office Phone: 416-921-4247 (all patients will also have Dr. Donovan's private phone contacts)

What will I take home with me right after my hair transplant?

You will leave our clinic with the following:

1. An appointment for your next follow up appointment
2. Post op medications.
 - a. Tylenol 3 (a pain medication)
 - b. Percocet (a pain medication) with Gravol
 - c. Serax (a sleeping pill)
 - d. Prednisone (an anti-inflammatory pill to reduce swelling)
3. Lubricating jelly for the 'donor' area (ie. the back of scalp)
4. Ice packs.
5. Gauze
6. A bottle of ATP Spray (some patients) – depending on procedure type.

POST-OP INSTRUCTIONS – Page 2 of 12

What should I do immediately after my procedure (i.e. when I arrive home)?

1. We recommend that you go home or back to the hotel and rest until the next morning. We recommend only minimal activity for 12 hours!
2. We strongly advise that you do not drive for 24 hours, as you may receive medications that can alter your judgement.
3. You should eat dinner when you arrive home. Please drink plenty of fluids, especially water during the evening.
4. Try to avoid excessive head movements and bending during the first 24 hours. This includes tying your shoelaces! Please limit bending over!
5. Do not use aspirin or blood thinners for 5 days unless advised by Dr. Donovan. Also, please do not drink alcohol for 5 days after your procedure.
6. For sleeping, we recommend to elevate to 45 degrees for the first two or three days. This will reduce the chances that you will develop swelling around the eyes and forehead.
7. We recommend you take one pain pill (called Tylenol 3) when you get home (or back to your hotel) after your procedure. Also, take a sleeping pill (called Serax) if you think it might be helpful to get rest the first night.
8. Apply ice packs to the forehead for 15 minutes (and back of the scalp) a few times the first night and 7-8 times per day for the next two days after your procedure.
9. If you have been advised to do so, please spray the grafts with the “ATP solution” you will be given every hour (while awake) for the next three days (until you run out of solution).

For the first evening, please drink plenty of fluids, take your pain pills (if needed) and ice the forehead. If you've been asked to spray with ATP spray, please spray every hour while awake. That's all you need to do!

Depending on the type of procedure some patients will be sent home with a bottle of “ATP solution.” Please spray every 1 hr while awake for three days.

1. Bleeding

What should I do if I spot a bit of bleeding after my procedure?

1. A small amount of bleeding can sometimes occur and should not be a cause for worry. This can happen the night of your procedure and rarely even a few days afterwards. To protect your linens, you may want to put a towel over your pillow for the first few nights after surgery.
2. If bleeding develops, we recommend that you apply firm **CONTINUOUS** firm pressure to the area for 20 minutes with the gauze we supply you to take home. By continuous, we mean that you should not lift up the gauze to ‘peek’ if the bleeding has stopped. The pressure should be firm and with the PADS of your fingers (not one finger) but not so hard as to cause the surrounding grafts to come out.
3. Remember, if you have any concerns, simply give Dr. Donovan a call.

A small amount of bleeding can occur, and is not a cause for worry. More significant bleeding is extremely rare.

2. Pain

What should I do if I get pain after my surgery?

1. We have supplied you with pain pills to take home. Many patients use a few pain pills for 1-2 nights after their surgery. It’s important that you control your pain and not suffer with it. Please do not take aspirin for pain as it will increase your chances to bleed. We will supply you with pain pills and recommend that you use them as follows:
 - a) You will be given two types of pain pills: **TYLENOL 3** and **PERCOCET**. These are all prescription medications. **PERCOCET** is stronger than **TYLENOL 3** so start with **TYLENOL 3**.

We encourage you to take a Tylenol 3 when you arrive home and again before you go to sleep. If you feel the need, take these pills again on day 2 once or twice.

POST-OP INSTRUCTIONS – Page 4 of 12

- b) Please take a Tylenol 3 when you get home or back to the hotel and another before you go to sleep. You may take another when you get up in the morning. If you wish you can take a further 1-2 tabs every 4-6 hours for pain. If this does not take away the pain after 60 minutes, then should take a Gravol, wait 15 minutes and then take a Percocet pill. Gravol is important to take because it can prevent nausea. You can take pain medications every 4 hours to relieve pain. But do not take Gravol more than once every 4-6 hours.
- c) If you use pain pills, do not drive. It can impair your judgement. Most patients don't need pain pills after the second day. If you feel you have a bit of remaining discomfort after the second day, you may wish to use extra strength Tylenol (one tablet every 4-6 hours).

3. Getting sleep after surgery

What can I take to help me sleep after surgery?

To help you sleep you can take one Serax tablet approximately 30 minutes before you head off to sleep for the night. If needed, you can do this for the first night and the second night.

We will supply you with two sleeping tablets. Please feel free to take on the first night and again the second night. They can help you get a good night's sleep.

4. Bathing routine after your procedure (2 x per day)

We may ask that you come back to the transplant centre the following day (or the day after) so that we may wash your hair and see how things are progressing. For some patients it's day 2 that we do a 'check up' and for other patients we do the check up on day 3. (We always see patients the next day if coming from out of town or out of country so that they may fly back the next day). With exception of day 1, the bathing care routine is to be done ***once daily for the front and twice daily for the back.***

POST-OP INSTRUCTIONS – Page 5 of 12

Steps to washing the back of the scalp (the donor area):

- a. For the back of your scalp (donor area), soak first under water for a 1 minute – either in the shower with the water beating down or in the bathtub. Then, massage the donor area (with shampoo) with side-to-side motion (not up and down) to loosen up the crusts using the pads of your fingers not your nails. It may be tender for the first few days - and this is normal. **We will supply you with a shampoo after your surgery.** If you don't have a bathtub then you can massage the back of the scalp in the shower. It's also safe to gently let the stream from the shower head flow over the back of the scalp. (But don't let it hit the front or top of your scalp where the new grafts are placed).
- b. Please apply lubricating jelly to the back donor area to help keep it moist. **DO NOT APPLY** lubricating jelly to the front!

**Please wash the back of the scalp well!
We can't emphasize enough the
importance of keeping this area very
very clean.**

HOW TO WASH THE NEW GRAFTS (RECIPIENT AREA) (FROM DAY 2-7)

- a) For the newly transplanted area of your scalp (recipient area), simply pour soapy water over the area. To make soapy water just add a teaspoon of shampoo to a pitcher of water and then pour the pitcher very, very gently over the new grafts for 20 seconds and then rinse for 20 seconds. Please do not rinse too long as the grafts may absorb water and "pop up." You should then rinse it off by pouring fresh water over the area. You should not let the shower beat down on the grafts for 14 days.

**Washing the new grafts should be done
very gently - once daily! Wash for 20
seconds and then rinse for 20 seconds.
DO NOT TOUCH THE GRAFTS FOR THE
ENTIRE FIRST WEEK.**

POST-OP INSTRUCTIONS – Page 4 of 9

HOW TO WASH THE GRAFTS (FROM DAY 8-14)

a) On the 8th day, we advise you to put a bit of baby oil on first for 15 minutes to loose up the crusts that may develop and then rinse with the shampoo containing (soapy water) and again with the fresh water. Starting day 8 you can very gently start to rub the grafts with the *pads of your fingers* to loosen up a bit of the crust.

Starting day 8, you can gently touch the grafts when shampooing! We advise putting a bit of baby oil on the scalp starting day 8 before washing to help loosen up the crusts. Let the baby oil remain on the scalp 15 minutes.

b) To dry your hair, you may air dry your hair or gently pat dry with a towel. Please do not rub the grafts with a towel to dry them and do not dry them with a hair blower.

NOTE on CRUSTING

Crusts will form on the recipient site (front) a few days after the surgery. This is normal. It is very important that you do not pick at the crusts. This can not be emphasized enough. You may however gently massage them starting the 8th day. The crusts will start to fall off around 2-3 weeks after your surgery. Remember you will not expect any growth for at least 3-5 months after surgery. This is normal. At 5 months you will begin to see the hairs grow.

THE GOAL OF WEEK 2 (DAY 8 and ONWARDS) IS TO LOOSEN UP CRUST!

Starting day 8, we strongly advise patients to put a bit of baby oil on the scalp for 15 minutes before washing to help loosen up the crusts. This can be a tremendous help to reduce 'crusting'.

Starting 14 days after surgery, the grafts are fully adhered and you can begin standing under the showerhead (provided the pressure in your shower is not unusually strong). At this time, you can help loosen the scabs that have formed around the grafts. Do not use your fingernails to pick off scabs as this can lead to scarring. Simply use the pads of your fingers to gently rub the grafts while you are shampooing. It is important to shampoo every day until all the scabs have fallen off. Once they are gone (14 -21 days) you may resume your normal shampoo routine.

Other General Hairstyling Considerations and Tips:

1. Hairspray and mouse can be used after 7 days but must be washed off everyday
2. You can comb your hair but do so very gentle
3. Avoid hair dryers for 10 days.
4. You can perm or cut your hair after three weeks
5. You may color your hair after 3 weeks.

5. Crusts at the back

I have lots of crusts on my donor area at the back of the scalp. Is there anything I can do to help reduce this?

1. These crusts generally fall off after 7-10 days but can last longer
2. It is important that you apply lubricating jelly twice daily for the first week to help soften up the crusts and shampoo twice daily for the first week.

6. Swelling

Swelling can occur in 20 % of patients and lasts about 3 days. It often starts around day 2-4 after your transplant. It's important to know that this is temporary. Because of gravity, some of the fluid extends down into the eyelids. Very rarely, "black eyes" can occur.

Swelling can occur in a small proportion of individuals and does not affect the outcome. Please do your best to ice the forehead and keep at 45 degrees or flat for the first day.

Tips to reduce your chances of developing swelling:

1. Sleep at 45 degrees after the procedure for 2-3 days - some patients prefer to sleep in a reclining chair.
2. Apply ice gel packs (or simply a bag of frozen peas) do the forehead and temples *at least* 4 times a day for 15 minutes. You can start applying ice on the evening of your surgery. Do not apply ice directly on top of the hair grafts as this can damage the hair grafts. Ice is only to be applied to the skin.
3. Remember that applying the ice is a preventative measure and you should continue ice even if you don't see any swelling
4. You can also apply ice to your donor area (at the back of the scalp) if this is comforting to you. This may reduce swelling along the sutures and help relieve pressure.

7. Infection

Infection after surgery is quite rare. Infection would appear to you as increased redness, swelling tenderness or pus. If you are worried about infection, simply give our office or Dr. Donovan a call.

1. Avoid exposure to dirt in the air at work or through recreation for 2 weeks after your surgery.
2. If you need to touch the donor area or the recipient area, WASH YOUR HANDS FIRST.
3. Please let us know if you experience any increased amount of redness around your surgery site.
4. Rarely – little bumps or ingrown hairs called ‘folliculitis’ can develop on the recipient site. If this happens, you can apply a warm moist cloth to the area for several minutes three times a day. If this area does not improve, then call us as you may require a medication.

8. Exercise, Weight lifting, Sexual activity

Are there any specific physical limitations after my surgery?

1. Avoid exercise, heavy work, sports and sexual activity for 7 days. Too much physical activity can cause swelling, bleeding and loss of grafts.
2. After 7 days you can resume mild exercise, but avoid weightlifting or heavy activity like running

Please adhere to minimal activity for the first week.

	FUE PROCEDURES	STRIP (FUT) PROCEDURES
LIGHT CARDIO ACTIVITY	DAY 8	DAY 12
LIGHT WEIGHTS	DAY 11	DAY 15
HEAVY WEIGHTS	DAY 14	DAY 21

3. Weight lifting or heavy lifting or swimming in a public swimming pool can be resumed after 14 days. We recommend waiting 3 weeks before swimming in water of uncertain cleanliness.
4. Bend at the knees when picking up objects or tying your shoes.

9. Sunlight

Can I get sun on my head after surgery?

1. Avoid direct sun exposure on the grafts for 4 weeks
2. Over the next 3 months, if you are going to be in the sun (beach, golfing, etc), be sure to wear a hat. A sunburn on the newly transplanted area can lead to discoloration.
3. If wearing a ball cap, place the bill of the hat over the forehead and then pull the back down. To remove the hat, carefully lift up the back of the hat up and off first.
4. Hats are not necessary unless you are in direct sunlight.

10. Smoking

Can I smoke after surgery?

For best results, we advise to stop smoking one month before surgery and for two months after. Many studies show that smoking interferes with wound healing. At minimum, we advise stopping smoking for one week before and one week after to optimize results.

Smoking can affect the results. Please speak to Dr. Donovan if you smoke. Reducing or stopping smoking can have a very big effect on your final result.

11. Clothing after surgery

What can I wear after my procedure?

- a. You should wear a button down shirt for 5 days after surgery. Do not wear a shirt that you have to pull over your head as it may cause the newly placed grafts to loosen.
- b. If wearing a ball cap, place the bill of the hat over the forehead and then pull the back down. To remove the hat, carefully lift up the back of the hat up and off first.
- c. Hats are not necessary unless you are in direct sunlight. However, in this case a hat should be worn to prevent sunburn of the grafts

12. Minoxidil and Finasteride

I was using hair loss medications before my procedure... when can I go back to using it?

For those patients who were recommended to use minoxidil before the surgery, it can be resumed on day 7 after the surgery. Finasteride (Propecia) can be resumed day 3. Laser can be resumed on day 7.

13. Alcohol

When can I drink alcohol after surgery?

Alcohol can be consumed after 5 days. It is important not to drink alcohol during the first 5 days as it can increase your risk of bleeding (alcohol thins the blood). Do not drink alcohol if you are using any of the pain medications we prescribed. They can not be mixed.

14. Caffeine

When can I drink coffee or tea after my procedure?

We ask that you limit caffeine as much as possible as it can increase bleeding. If you normally consume a lot of caffeine, then please use in moderation. 1 cup of coffee can be used on the first day after surgery and 1-2 cups on the second day.

15. Back to work

When can I go back to work after my surgery?

1. A few patients go back to very light work the next day, but most patients take 5 -7 days off from work. Avoid heavy lifting work for 7 days. Do not wear a hard helmet on your head. If you are going into areas with a lot of pollutants (such as construction site, dusty area) you should wear a hat. If wearing a ball cap, place the bill of the hat over the forehead and then pull the back down. To remove the hat, carefully lift up the back of the hat up and off first.
2. Because of the small possibility of swelling and crusting after surgery, it may be preferable to take a full one week away from work. Crusts start falling off 7-10 days after your surgery.

16. Sutures

When do my sutures come out?

For patients undergoing strip surgery (FUT surgery), sutures come out 10-16 days after your surgery (most commonly day 12-14). We will give you an appointment time.