

POST-OPERATIVE INSTRUCTIONS

DATE/TIME OF BANDAGE REMOVAL

DATE/TIME OF SUTURE REMOVAL

Office phone number: 416-944-9393

Emergency contact number: 647-985-2377

MANAGING DISCOMFORT + NAUSEA

After your procedure, you will receive an envelope containing your post-operative instructions, an appointment for next day bandage removal, an appointment for suture removal and small envelopes containing post-operative medications.

Take Tylenol #3 1-2 tabs every 4-6 hours if you experience any discomfort. If the discomfort still persists after 30-45 minutes, take Percocet 1-2 tabs. Percocet will likely cause nausea, and hence we recommend using gravol at the same time. Do not drive or drink alcohol while taking these medications.

If you are having trouble sleeping, you may use Serax 1-2 tabs.

NOURISHMENT

After your procedure, please ensure that you eat well and drink plenty of fluids. During the course of the evening make an effort to drink more than usual.

+ WHEN MAY I CUT OR DYE MY HAIR AFTER THE PROCEDURE?

Two weeks after the procedure.

+ WHEN MAY I STRAIGHTEN MY HAIR AFTER THE PROCEDURE?

Three weeks after the procedure.

+ WHEN MAY I TRAVEL?

Travel is allowed 24 hours after procedure. However, we encourage all patients to wait 48 hours if possible.

+ WHEN MAY I DRINK ALCOHOL?

Once the provided post-operative medications are no longer being used.

+ WHEN CAN I GO IN THE SUN?

A little sun is helpful in the healing process, but be cautious to avoid getting a sunburn.

+ HOW OFTEN CAN I WEAR A HAT?

It is better to have your head open to air, however, as long as the hat is clean, you may wear it right away, although as little as possible within the first week. Beyond the time of suture removal, you may wear your hat at your usual frequency.

+ IF I WEAR A HAIR PIECE, WHEN MAY I WEAR IT AGAIN?

Not for the first week after the procedure and then as little as possible for the 2nd and 3rd weeks post-operatively. After the 3rd week you may wear it at your usual frequency.

Dr. Mark Unger Hair Restoration Clinic

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DR. MARK UNGER
HAIR RESTORATION

POST-OPERATION

POST-OPERATIVE INSTRUCTIONS

THE BANDAGE

A bandage will be applied to your donor and recipient areas immediately after the procedure. Please do not try to check under your bandage, since it is important that the bandage maintain firm, even pressure on the donor and recipient areas. Don't be alarmed if you see a small amount of blood on the bandage. However, call the emergency contact number on the front of the pamphlet if a significant amount of fresh blood appears.

BANDAGE REMOVAL

Please eat breakfast before your appointment. We suggest that you take Tylenol #3 one hour before your scheduled appointment time. If you are driving, please take two extra-strength Tylenol instead of Tylenol #3 as the latter could impair your driving ability. A clean baseball cap will be provided after bandage removal, but you may bring your own hat provided that it is new.

SHOULD BLEEDING OCCUR

Significant bleeding rarely occurs after the procedure. If bleeding should occur after regular office hours then apply firm, steady pressure over the bleeding area for 10-15 minutes. If bleeding continues then call the emergency contact number listed on the front cover of this pamphlet.

MINIMIZING SWELLING

Most patients experience some degree of facial swelling after the procedure. If you develop significant swelling, rest assured that it will resolve over a three to seven day period. To minimize the amount of swelling, please do the following:

- Try sleeping as flat as possible. Any swelling that develops will be pulled by gravity away from your forehead and face.
- In the first few days after the procedure apply ice packs to the forehead, temple and eye areas. We recommend using the ice packs for 10 minutes on and 20 minutes off. Do not place ice packs directly on the grafts.

SOAKING + SHAMPOOING

Soaking and shampooing is the best way of ensuring uncomplicated healing and reducing donor area discomfort. Beginning on the second day after the procedure, you should soak and wash your hair twice daily in the following manner:

- 1 Fill a bathtub with warm water (we recommend that you add Epsom salts to the water).
- 2 Lie back in the water until the water covers the donor area and soak the area for 10-20 minutes while massaging the donor area with the pads of your fingertips.
- 3 While soaking and massaging the donor area apply a wet facecloth to the recipient area.
- 4 Gently shampoo your whole head with a mild non-perfumed shampoo.
- 5 Use clean, warm tap water to rinse off the shampoo.
- 6 Towel-dry your hair or blow dry it on a cool setting.
- 7 In order to avoid disturbing your grafts, it is best to use your fingertips to style your hair.

SUTURE REMOVAL DAY

Consider taking Tylenol #3 prior to suture removal to alleviate any discomfort that you may experience. If you are driving, please take two extra-strength Tylenol instead of Tylenol #3 as the latter could impair your driving ability. After your sutures have been removed, you may still notice some minor crusting. Continue to soak or shower daily until all of the crusts have fallen off.

EXERCISE

We recommend that you avoid strenuous exercise for 10 days post-operatively, although light activity is fine. Weight-lifting should be avoided for 14 days following procedure. Activities with potential head contact, such as hockey, should be avoided for 14-21 days following the procedure.

FOLLOW-UP CARE

On the day of your procedure, you will be given an appointment for bandage removal and suture removal. Please call the office to book a routine follow-up 9-12 months after surgery. Do not hesitate to contact the office before then if you have any concerns. Problems, although rare, are best dealt with earlier rather than later. As well, please inform the office in the case of any unexpected admission to hospital within 10 days of the procedure.



HAIRLINES:

