

## **POST SURGERY INSTRUCTIONS FOR COMBINATION SURGERY (STRIP & FUE)**

Dear Patient,

Following your surgery procedure, special care must be taken **especially during the first two weeks.**

Please read the below instructions carefully:

- The use of the 'bandana' should be limited for getting around in public. Do not leave on for many hours at a time and especially do not sleep with it on.
- Direct trauma is one of the main causes of graft loss after transplantation so take care to avoid bumping your head especially when getting in and out of the car.

### **First 3 Nights**

Sleep with 3-4 pillows behind your shoulders in order to keep your head above your heart, approximately at a 45° degree angle. This is important as it will minimize swelling.

#### **Report immediately to clinic**

- Body temperature above 38° C
- Any excess bleeding
- Sudden swelling within first 12 hours of surgery

## **1. Care of Recipient and Donor Areas**

**1<sup>st</sup> Day** The day following your transplant you must spray the transplanted (recipient) area with saline solution **every hour** and must continue doing so until it runs out. Apply **After Transplant lotion twice daily** to the donor area.

**2<sup>nd</sup>-5<sup>th</sup> Day** Wet the scalp without excessive direct shower pressure. Apply **After Transplant shampoo** to hands and work up a rich lather. Apply to recipient area and use your fingertips to gently massage (with circular motions) for 3 minutes and leave to soak. In the meantime, apply **After transplant Shampoo** to donor area again massaging with your fingertips for 2 minutes. This massage and soaking will help to soften up the scabs, which will subsequently clear up and will make removal of sutures easier. Leave both areas to soak for another 10 minutes and then massage again both recipient and donor areas for 2 more minutes each area. Rinse without excessive direct shower pressure. Continue applying **After Transplant Lotion** to the donor area after hair has dried. This procedure should be done **2 times daily** until the scabs have cleared up.

**6<sup>th</sup> -13<sup>th</sup> Day** Wet the scalp without excessive direct shower pressure. Apply **After Transplant shampoo** to hands and work up a rich lather. Apply to recipient area and use your fingertips to gently massage (with circular motions) for 3-5 minutes and leave to soak. In the meantime, apply **After transplant Shampoo** to donor area again massaging with your fingertips for 2-3 minutes. This massage and soaking will help to soften up the scabs which will subsequently clear up and will make removal of sutures easier. Leave both areas to soak for another 10 minutes and then massage again both recipient and donor areas for 2 more minutes each area. Rinse without excessive direct shower pressure. Continue applying **After Transplant Lotion** to the donor area after hair has dried. This procedure should be

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done **twice daily** until the scabs have cleared up.

**Day 14<sup>th</sup> and onwards** You may now use full direct shower pressure. Continue using **After Transplant Shampoo** until it is finished and then you can use your regular shampoo or a shampoo recommended by the clinic.

**► important ◀**

Avoid any kind of cream, foam, gel or any other hair styling products for at least 15 days after the transplantation. Hair dyes should not be used for at least 45 days post operatively and with the consent of the clinic.

## 2. Scalp drops

**Scalp drops plus 2** are to be used from the 10<sup>th</sup> day after surgery. It is recommended that they are continued for at least 3 months to help minimize shock loss. Basically scalp drops should be applied to a clean dry scalp twice daily.

1. Shake bottle
2. Draw drops half way up the pipette (this will make 1ml)
3. Apply to top part of scalp slowly with pipette and use pipette to spread.
4. Leave to absorb on its own. Do not massage.
5. Do not worry if you have not covered whole top area with your 1ml. There will be local absorption so all areas will be covered.

**► important ◀**

If you have an allergic reaction to the drops, stop using them and contact our Trichologist Misses Stella Prokopiou for further advice.

## 3. Removal of sutures

This will take place on the 10<sup>th</sup> day at our clinic. This will also be a chance to meet our Trichologist for advice on hair and scalp care and retention of your existing hair.

Please note that, we do not advise you to have your haircut before the 10<sup>th</sup> day when your sutures are removed.

## 4. Medication

**Sleeping pill** You will be given a pill that will help you sleep the first night after the transplantation. Do not drive or handle heavy machinery after taking this pill. The consumption of alcohol is also forbidden whilst you are taking medication.

**Pain Killers** Our aim is to reduce any pain and discomfort following your transplantation. You will be given painkillers, which you can take every 6 hours. It is forbidden for you to take aspirin or any anti-inflammatory medication for at least 3 days after the transplant in order to avoid any bleeding.

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## 6. Instructions for mixture

### Instructions on mixing Aloe Vera with Fucicort and Vitamin E Capsules

You will need to mix this up every time you apply it, as it must be fresh. This mixture will help the healing process and will minimize any scarring. It is important that you use twice daily from the day following your surgery (day 1) until it runs out. You will mix up in the following way:

1. Fill up the base of your small cup with Aloe Vera Gel so that it covers the base when it is spread out.
2. Add in about 2cm of Fucicort cream
3. Add in four Vitamin E capsules by piercing them with a needle and squeezing into the mixture.
4. Mix with spatula and apply to donor area and leave to absorb.

## 6. Additional Useful Information

**Hiccups** It is advisable to avoid drinking any bicarbonate drink (soft drink, beer) for 72 hours after the transplant. By this, you will have a reduced possibility of developing hiccups which can result in damage to the transplanted area. In the event that you develop hiccups, please call the HDC Centre.

**Blood loss** The loss of blood will be noticed immediately following your transplant procedure and while at the clinic. It is rare to experience blood loss once you have left the clinic. In such an instance, apply continuous pressure on the point where bleeding is occurring with a clean cloth for 20 minutes. In the event that bleeding persists, please contact the clinic immediately.

**Rest Position** The ideal position to place your head for the first 3 nights is a 45° angle to the bed. You can use as many pillows as you like for support. This position reduces the possibilities of excessive swelling.

**Swelling** You will be given medication for the reduction of swelling on the transplanted area. If swelling appears, after the end of the transplant process, this reduces on its own within 3-4 days and is harmless. If it is painful and/or is accompanied by fever then contact the clinic.

**Exercise Alcohol Smoking** The following day from your transplant procedure, it is advisable that you stay home and rest. The following 3 days you can begin taking on light, day-to-day work. At the same time, you should avoid any form of exercise for the first 15 days, especially lifting of heavy objects. After 15 days light exercise e.g. use of treadmill or swimming is ok. Heavy exercise, like weight lifting, should be avoided during the first month. Avoid any form of sexual contact at least for the first 3 days. We also advise no smoking or alcohol for the first 3 days following your procedure, as this can lessen the growth of transplants.

**Sun** Please avoid unprotected sunlight for at least 9 months; this is because you

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might get sunburn without feeling it. Please use a baseball cap and apply a strong sunscreen cream over SPF 35.

**Infection**

On very rare occasions, a transplant may become infected. Slight skin irritation, swelling and discomfort may appear in the first days. If these symptoms persist and even increase after the 3 day, please contact the clinic immediately.

**Numbness**

In the very unlikely event that you develop numbness, do not worry. This is due to the severing of small nerves during the transplant procedure. Usually the numbness, if present, will fade away over a period of two-six months, as the nerves repair themselves.



For any questions or queries, please do not hesitate to  
contact us at **777 777 19**