

PREOPERATIVE INSTRUCTIONS FOR HAIR TRANSPLANTATION

A. PRESCRIPTIONS

A prescription will be given to you before the procedure. Fill the prescription and take the medications as directed by the pharmacy. Check with the office as to continuing or discontinuing any other medications that you take regularly. If so inclined, you may take Vitamin C, 1 gram per day, starting one week prior to surgery. Vitamin C can enhance healing.

DESCRIPTION OF MEDICATION:

1. **DIAL ANTIBACTERIAL LIQUID SOAP**: This is a skin cleanser that you will use the evening before surgery and also the morning of surgery. It helps reduce the amount of bacteria on your scalp. Wash your hair, head, face, and neck. You **DO NOT** need a prescription for this. You can purchase this at most stores.
2. **DIAZEPAM (Valium)**: This is a relaxant. Use as needed for sleep and anxiety after surgery.
3. **CEPHALEXIN (Keflex)**: This is an antibiotic to reduce the risk of infection. Take three capsules **THE EVENING BEFORE** and three capsules **THE MORNING OF** the procedure. Then take three capsules 2 times daily postoperatively. Take the medication as directed until finished.
4. **HYDROCODONE (Vicodin)**: This is an analgesic that can be taken every 4-6 hours as needed for pain. If you have had past problems with Vicodin, please let us know immediately. We can make a substitution for you.
5. **MEDROL DOSE PAK**: Take as directed if you begin to demonstrate swelling in the forehead or eyelid regions. You will not need to take this medication if you do not develop swelling or if the swelling is minimal.
6. **ANTIBIOTIC OINTMENT**: This will be placed along your incision line following surgery. This is an over-the-counter product that can be purchased at any pharmacy (polysporin, neosporin, triple antibiotic ointment).
7. **ROGAINE FOAM 5%**: this will be used 4 days after surgery by applying to the grafts once a day until the hair begins to grow. This is an over-the counter product, available at any pharmacy. Purchase the men's foam only.

Depending on your health, you may receive a prescription to have blood work drawn prior to your first surgery. The results should be forwarded to our office prior to surgery.

B. DO NOT TAKE:

1. Aspirin or any analgesic (i.e., Motrin, Ibuprofen, Advil, etc.) or Ginko or other herbal/homeopathic/weight lifting preparations for two weeks prior to surgery. (If unsure, call the office.)
2. Vitamin E or any daily vitamin containing Vitamin E for two weeks prior to surgery. Vitamin E "thins out" the blood and can increase your risk for bleeding and bruising after your procedure.
3. Alcohol or non-approved drugs for 48 hours prior to surgery.
4. We encourage you to stop nicotine for two weeks before and two weeks after the procedure. Smoking may slow your healing process.

C. DYEING YOUR HAIR

If you have graying hair and regularly dye your hair, please dye your hair within 48 hours of your surgery. Dyeing your hair within 48 hours of surgery and eliminating the gray roots will greatly facilitate the surgical process.

D. TIPS:

1. Wash hair, neck and face well the night before and the morning of the procedure with Dial Antibacterial Liquid Soap (or a similar cleanser). It is okay to use any conditioner for the hair.
2. You may eat a light, bland meal prior to your procedure (eg. toast, cereal). Do not fill up. Avoid spicy foods.
3. Let hair grow to a minimum length of one inch or more on the back and sides.
4. **DO NOT** wear a t-shirt or clothing which must be pulled over the head.
5. **DO NOT** wear clothes that you have to worry about getting soiled.
6. **REMEMBER** to take your antibiotic (Keflex / cephalexin) the evening before and the morning of the procedure. Take the morning dose with your breakfast if possible.
7. Remember to pick up your prescription prior to your surgery including products available over the counter.
8. Make sure that you have ice packs available at home.
9. Obtain a spray bottle so that you can mist the crust on top of the grafts with water or saline. If you choose to use saline solution, you can make your own by mixing one tablespoon of salt with a gallon of water.
10. Notify the office before taking any other type of medication prior to surgery.

E. DEPOSIT AND PAYMENT

All patients must make a \$1000 non-refundable deposit at the time of scheduling. This deposit will be subtracted from the total amount owed. We prefer payment in full two weeks before surgery. If paying with a personal check, the total fee for surgery (minus the \$1000 deposit) must be received two weeks before the procedure so that the funds can clear. Payment on day of surgery is acceptable with a Visa, Mastercard, Discover, cashier's check, cash, or money order, but not by personal check or American Express. If paying by credit card, it is important that you call the card company and inform them of the charge that will occur on surgery day. Without a phone call it is likely that the charge will not go through, even if you have a big limit, due to fears of fraud by the credit card company.

We understand that unforeseen circumstances may arise in your schedule. You may reschedule your surgery as many times as you wish without loss of any of the deposit money. We only require that we are given two weeks notice prior to the scheduled surgery. Rescheduling within two weeks, even for medical reasons, may result in an administrative charge of \$1000. Rescheduling within 72 hours may result in a charge of the total fee if a replacement cannot be found for the surgery spot.

- F. REVIEW THE "PATIENT SELF CHECK LIST" two weeks before the procedure, the night before the procedure, and fill it out on the morning of the procedure. The doctor will ask for it when you arrive.

G. ARRANGE FOR TRANSPORTATION

Please arrange to have someone pick you up on the day of surgery. We have found that patients prefer to be comfortably sedated with Valium during the surgical procedure. It will not be safe for you to drive after taking Valium or pain-killers. These drugs can impair driving abilities for many hours. We often call a local taxi

H. SHAVING OF THE RECIPIENT ZONE

Patients scheduled for surgeries of 2000 grafts or more may need to have the recipient area shaved on the day of surgery. PLEASE CONTACT Dr. Konior immediately if you are uncertain. Almost all patients of 2500 grafts or more will need to have the recipient zone shaved. Shaving the hair at the recipient zone greatly facilitates the implantation of grafts and the quality of the surgery.

I. READ THE POSTOPERATIVE INSTRUCTIONS BEFORE SURGERY.

POSTOPERATIVE INSTRUCTIONS FOR HAIR TRANSPLANTATION

Please follow all postoperative instructions. They will aid in your comfort and help promote the best healing possible. We have chosen to make safety and quality the priority in this office. You, as the patient, can also play a role in making your care better by becoming an active member of the healthcare team. You can help by asking questions about the purpose/dose/side-effects of medications, thoroughly reading all paperwork given to you, participating in the marking out of surgical areas, knowing how to reach us if you have a need, speaking up if you have a safety concern, and understanding how to care for yourself or someone care for you after surgery.

A. BANDAGES

Patients rarely need bandages! If you have any concern about the possibility of needing a bandage, please ask.

B. BLEEDING

It is normal to have some light drainage from the transplant and donor sites the evening of the procedure. You may want to use an old pillow case on your pillow the first night following your procedure. Do the following if you notice any bleeding from the transplant or donor site:

1. Apply steady, firm pressure with a gauze pad over the area for 15 minutes without lifting the gauze pad.
2. If the oozing continues, notify Dr. Konior through the answering service.

C. SWELLING

1. Do not sleep with your head or face in a down position. This may cause facial swelling. Sleep with your head elevated for three nights following the procedure. You can use a recliner chair or several pillows.
2. Apply ice packs as often as possible over the forehead and temples for at least 48 hours following the procedure to minimize swelling. Cold packs (available at Walgreens) or crushed ice in zip-lock bags are an excellent and inexpensive way to create an effective cool pack. You should keep several bags in the freezer. Each bag can be rinsed off with cold water after it has warmed and replaced in the freezer for later use.
3. Avoid foods that have a high sodium content. Salty foods will aggravate any swelling that may occur.
4. Begin Medrol Dose Pak if significant swelling develops.

D. SHOWERING AND SHAMPOO

Your scalp should be very gently shampooed 1-5 times a day beginning 24 hours following your procedure. The following instructions are for the first week after your procedure:

1. You may use any NON-MEDICATED shampoo.
2. Use cool to warm water. **DO NOT USE HOT WATER!** Do not use hot water for the first week.
3. Use a **GENTLE** shower stream or a shower mist spray for the first week following the procedure.
4. DO NOT directly massage the graft sites for the first week following the procedure. Gently massage a generous amount of shampoo/conditioner into the hair on the back and sides of your head. Tilt your head down and let the shampoo run over the transplant site. You can also apply hands full of shampoo foam to sit on the grafted areas. The shampoo is rinsed off by directing the shower stream onto an area of the scalp that has NOT been grafted and then letting the fresh water run over the transplanted scalp. Alternatively, bring a large plastic cup into the shower to help in gently rinsing the shampoo from the graft sites, scalp, and hair. Allow a stream of water to directly rinse the staples each day for approximately 10 minutes. After the shower, your hair can be blow-dried using a cool setting. **AFTER THE FIRST WEEK:** The transplanted area can be directly shampooed with your hands beginning one week after surgery. The shower stream can directly hit the transplanted area with a stronger force at this time also. The transplanted area should be washed daily and directly using a gentle massaging motion. The tiny scabs will fall off completely over a period of days. Ointment should be applied to the staples after showering to keep that skin moist and to prevent drying.

E. COMBING

Avoid combing or brushing over the transplanted area for 5 - 7 days. After that, be careful not to catch the comb on the grafts. The donor area in the back can be combed immediately, but again be careful not to catch the comb.

F. INFECTION - TO AVOID INFECTION, DO THE FOLLOWING:

1. For the first week, refrain from dirty or heavy work/sporting activities that cause you to sweat.
2. Take antibiotics as directed.
3. Clean head and transplanted area as directed.
4. Any redness, swelling, tenderness or pus areas should be immediately reported.

G. HEALING

1. Leave the head open to air as much as possible when indoors.
2. Avoid the use of hairpieces unless absolutely necessary for 3 days after surgery. If you plan to wear these devices, let us know so we can instruct you on proper positioning.
3. The transplanted area should not be exposed to direct sun for three weeks. When in sun, avoid sunburn and use a sunscreen #15 or higher over the transplanted area.
4. Refrain from any strenuous physical activity for about seven days.
5. Refrain from alcoholic beverages for one week.
6. Refrain from using aspirin and related drugs for one week.

H. SUTURES/STAPLES

The sutures/staples are removed after 6-14 days. Your suture/staple site will feel better, heal much faster and look much better if you maintain it properly. Gently massage shampoo into the suture/staple site while showering. The sutured/stapled and grafted areas should be sprayed 2-3 times daily either in the shower or with the spray bottle. After rinsing, apply a small amount of antibiotic ointment to the suture/staple line. Any over-the-counter antibiotic ointment will suffice. Continue the ointment 2-3 times per day for 2 days following your suture/staple removal.

I. CRUSTS

In order to get the crusts to fall off the grafts more quickly, you can mist them with water or saline using a spray bottle or you can shower several times each day, starting 24 hours after surgery. Mist them lightly four times per day until they are gone. You must avoid touching or picking at the crusts as you could damage the grafts.

J. NUMBNESS

You will most likely experience numbness behind and above the area that has been transplanted. Sensation will begin to return in approximately six weeks.

K. TEMPORARY HAIR LOSS

Temporary hair loss may rarely occur along the incision line or other small areas of the scalp. This is due to the irritation of the hair root from the surgical procedure. Hair growth will start to return around three months, the same time the grafts should be starting to grow.

L. ROGAINE

Men AND women use Rogaine Foam 5% starting 4 days after surgery. Discontinue when the grafts begin to grow (2-4 months). Rogaine can stimulate early graft growth. It is not needed once hair growth starts growing.

M. REMEMBER - The new hair growth will not start for at least three months. Prior to this, the stubble will fall out and the grafts will look bare. This is completely normal, so please do not be concerned. Most of all, be patient during the healing process. The outcome will be well worth the wait.

PHONE NUMBERS

If you have any problems or questions after surgery, call the office at (630) 932-9690. After normal office hours or in case of greater need, you can reach Dr. Konior through the Loyola answering service at (708) 216-8000. Alternatively, a member of the staff can be paged at (630) 374-2267. Someone can be reached 24 hours a day through the above numbers.

1/09

NORMAL ACTIVITIES YOU MAY RESUME AFTER THE NUMBER OF DAYS INDICATED

DAY OF SURGERY IS DAY 0

1. VERY gentle shampooing of hair in the grafted and donor area, warm - not hot! 24 hours
2. Careful shampooing of hair in the grafted and donor area, warm - not hot! 7 days
3. Vigorous shampooing of hair in the grafted and donor area. 14 days
4. Use of aspirin or NSAID products, including ibuprofen..... 3 days
5. Use of hairdryer, warm or cool setting - not hot! 3 days
6. Use of hairspray..... 3 days
7. Use of toppik..... 4 days
8. Use of mousse or gels..... 7 days
9. Very gentle moving, placing, styling of hair around grafts..... 2 days
10. Gentle brushing of hair in the grafted area. 7 days
11. Return to brushing non-grafted hair zone as usual. 3 days
12. Use of hot rollers..... 10 days
13. Chemical hair treatments and perms..... 21 days
14. Light exercise (walking, etc.)..... 48 hours
15. Intense exercise (running, aerobics, weights, etc.)..... 7 days
16. Swimming and other water sports..... 14 days
17. Resume use of Rogaine..... 3 days
18. Spraying graft site with tap water (room temperature) minimum twice a day, more
if crusts are heavy or thick..... 24 hours
19. Antibiotic ointment on staples once or twice a day..... 24 hours
20. Normal exposure to sun - safe after all crusts have fallen off