

Post-Surgery Information

Thank you for selecting Jae Pak MD Medical for your procedure. Please review the attached instructions which were carefully prepared by Jae Pak, M.D. Most of your post-procedure questions will be answered in the information provided. However, please do not hesitate to call **(424) 388-1234** during normal business hours for any additional concerns you may have after your surgery.

You are scheduled for your first post-surgery hair wash at our office on:

_____ at _____ : _____AM/PM

For urgent issues after hours you can call or text the doctor's direct cell phone:

Dr. Pak (949) 371-9392, calls after 5pm

In case of an emergency in which you need immediate medical attention, always dial 911.

- Cedars-Sinai Medical Center Emergency Room: (310) 423-8700
- Downtown LA – California Hospital ER: (213) 742-5555

You can resume ALL of your regular medications after surgery.

The day after your procedure, you may be tired from the sedatives given during your surgery.

We recommend you give yourself a day to rest and recuperate.

Hair & Scalp Care:

The transplanted/recipient and donor areas must be treated **differently**. Please review the following sections carefully **BEFORE** showering.

At the time of surgery, your scalp was thoroughly cleansed of blood and crusts, but these will tend to re-form after your procedure. Great care should be taken while cleaning the transplanted/recipient site during the first few days following surgery because the healing mechanisms of your body will secure the grafts firmly in place during this period. Good cleaning of the transplanted/recipient area will minimize crusting. Do not touch the recipient or donor area unless hands are thoroughly cleaned to avoid bacteria in these areas.

Shampooing and Care of DONOR Area (and non-transplanted parts of scalp)

WHILE SHOWERING AND SHAMPOOING YOUR DONOR AREA, KEEP THE RECIPIENT AREA DRY.

The day following surgery, remove your bandage and shower with comfortably warm water, initially NOT wetting the transplanted/recipient part of your scalp. Gently wash the donor area with your hands using shampoo. The shower water may hit the back of your scalp directly. If this is uncomfortable for you, turn down the water pressure or partially block the water with your hand. The purpose is to soak off the crusts and to remove crusting from the hair in the non-transplanted area. You will not harm the FUE/FUT donor area by using running water or by washing the area. It is normal to notice slight bleeding from the back of the scalp.

Shampooing and Care of Transplanted/Recipient Area

Gently wet the transplanted/recipient area by filling a cup with warm water and pouring the water onto the area. Once the transplanted/recipient area is wet, place a small amount of shampoo on the sponge that was provided and squeeze the sponge to create a foamy substance. Gently apply the shampoo to the recipient area with a very gentle patting or rolling motion. **(Pat the area. Do NOT rub.)** As soon as the shampoo has been applied to the entire transplanted/recipient area, rinse the shampoo off with **indirect** running water (e.g. using a cup of water). Do not use the Jae Pak MD Medical shampoo for more than 5 days as it assists with healing, but may cause dryness of the scalp.

If the grafts are soaked for too long, they may swell and rise above the skin surface and appear as little white bumps. This is not dangerous but indicates that you are soaking for too long. As soon as you allow your scalp to dry, these "raised bumps" will disappear. If the crusts appear larger than the grafts because of some bleeding that may have occurred the first night, it is best to try to get these crusts off by rolling a wet Q-tip over the crust. **Do not wipe it, just gently roll the Q-tip**, as the cotton fragments will gently pull pieces of the crust off. The goal for the first hair wash is to have a crustless/scabless recipient area.

It is critical when shampooing and rinsing the transplanted/recipient area that you are gentle for the first few days following surgery. **DO NOT RUB, PICK, OR SCRATCH**, as this may dislodge grafts.

After Shower Care

After the shower, pat your scalp dry using a fresh, clean towel. It is normal to notice slight bleeding. Then, you may apply a very **THIN LAYER** of the Bacitracin Ointment so that it **LIGHTLY** covers the entire **DONOR** area. You may continue applying the ointment for up to one week. It is not necessary to use ointment after one week.

DO NOT APPLY BACITRACIN TO THE RECIPIENT AREA.

You may dry your hair with a warm or cold air setting on your hair dryer. Do not apply direct heat and only use the cold air setting on the transplanted area for the first two weeks after your procedure.

DO NOT USE ANY SCALP OR HAIR COLORING AGENTS FOR AT LEAST TWO WEEKS.

You can use hair spray, Toppik or Dermmatch topical concealers gently after the first week.

After **ONE WEEK**, you can start using the pads of your finger to wash your hair and even have low-pressure shower water hitting directly on your transplanted/recipient area .

You should shampoo daily for the first **TEN DAYS** following your procedure under a low-pressure shower stream (or using a cup). You should follow this routine until all of the crusts have fallen off (usually between the **SEVENTH** to **TENTH** day after surgery). If your scalp becomes too dry after the fourth day, you can switch to Baby Shampoo or a moisturizing shampoo/conditioner. Resume normal hair washing after two weeks. There are no special shampoos you need to use after surgery, but we encourage you to use the shampoo given to you by Jae Pak MD Medical for at least the first few days. Try to keep your hair and scalp clean so you do not have excessive crusting.

Scab and Crust Care

The goal is to have almost all scabs and crusts off after 2 weeks. After one to two weeks post-procedure, you can expect some of the transplanted hairs to shed along with the remaining crusts. This is a normal process and should not be a cause for concern. The healthy hair follicles are firmly in place by two weeks after the surgery. If there is still any residual crusting at this time, do not pick at the crusts. The crusts will eventually fall off naturally as the hairs are shed. We recommend using your favorite conditioner and leaving it on your scalp for about 10 minutes while in the shower. (Any conditioner may be used.) After the conditioner has been on the scalp for 10 minutes, gently massage your transplanted area with the pads of your fingers until the crust and scabs are dislodged and washed away. You do not need to worry as you will **NOT** dislodge any grafts.

Sutures/Staples (For FUT procedures only.)

If staples have been placed in your donor area, they should be removed in 10 to 14 days. If you cannot return to Jae Pak MD Medical for the staple removal, any doctor or walk-in clinic can remove your staples.

Jae Pak MD Medical only uses absorbable sutures so you do not have to have them removed. They will dissolve on their own in 3 to 4 weeks, although it can sometimes take longer.

*The doctor will determine which option is best based on the elasticity of your skin and availability for a staple removal at a later date.

Medication Instructions

DO NOT DRINK ALCOHOL WHILE TAKING ANY SEDATIVES OR STRONG PAIN MEDICATION (Vicodin/Percocet/Norco).

Keep Ahead of The Pain.

After surgery, the local anesthesia will wear off within 2 to 4 hours. You may start to feel a dull headache or an ache in the back of your scalp. Take your pain medication as prescribed by your doctor for at least the first day instead of waiting for the pain to set in. If you take the medication when pain is already present, you will suffer by "chasing" the pain as the medication you take does not work instantaneously. The pain should subside significantly after the first 24 hours following your procedure.

Be sure to eat prior to taking pain medications. Taking pain medications on an empty stomach may cause nausea.

Medication Names and Dosages.

<p>Pain Control</p>	<p>Norco: Acetaminophen(Tylenol) 325 mg/ Hydrocodone 10 mg</p> <ul style="list-style-type: none"> Norco is a strong prescription medication for pain control. Take one pill approximately 2 to 4 hours after surgery, then take one pill every 6 to 8 hours as needed for pain. This medication will make you drowsy so do not drive a car or operate heavy machinery. This medication can sometimes cause nausea if you take it on an empty stomach. This medication contains 325 mg of Tylenol (Acetaminophen). The recommended daily maximum Tylenol dose is 3,000mg (3 grams) a day or Nine (9) Norco a day. This type of medication may cause constipation. Drink plenty of water and consider taking stool softeners. <p>Ibuprofen (Advil or Motrin)</p> <ul style="list-style-type: none"> Ibuprofen is a non-drowsy pain medication. After the first 12 hours, take 600 mg strength Ibuprofen every 6 hours for the next three to four days to reduce pain. It is available over the counter at any supermarket or pharmacy and usually comes in 200 mg tablets or capsules. You would need three (3) x 200 mg tablets/capsules to make 600 mg. You may use the Ibuprofen (Advil or Motrin) for your primary pain medication and take it on a scheduled basis for the first 3 to 4 days after the surgery. You can take Norco on an as needed basis in addition to Ibuprofen (Advil or Motrin). If you cannot take Ibuprofen, please speak with your doctor. <p>Tylenol (generic name is Acetaminophen)</p> <ul style="list-style-type: none"> Tylenol is a pain reliever that you may also take for pain control, but remember as mentioned above, each tablet of Norco contains 325 mg of Tylenol. You should NOT exceed the maximum recommended dose of Tylenol, which is 3,000 mg in a 24-hour period. <p>Most patients take Norco at night and use Tylenol or Ibuprofen (Advil/Motrin) during the day.</p>
<p>Sleep & Muscle Spasm</p>	<p>Xanax: Alprazolam 0.5 mg</p> <ul style="list-style-type: none"> Xanax is a strong prescription medication for sleep and can also be used for muscle spasm & anxiety. The usual dose is 1 to 2 tablets at bed time as needed. After a hair transplant surgery, the muscles in your donor area can go into spasm and can cause increased pain. This medication alleviates the spasm. As long as you are controlling the pain, you should not have difficulty sleeping. This medication will make you drowsy so do not drive a car or operate heavy machinery. Your bottle may be OPEN (seal broken) because your doctor may have given you 2 Xanax pills during your surgery.
<p>Nausea & Vomiting</p>	<p>Zofran: Ondansetron 8 mg</p> <ul style="list-style-type: none"> Zofran is a prescription medication for nausea and vomiting. The usual dose is 1/2 tablet (4mg). Place on your tongue to DISSOLVE like candy (do not swallow the pill). You can take the full pill (8mg) at once if you cannot break the pill in half. The most common cause for nausea after surgery is taking medications on an empty stomach.

Recommended Sleeping Positions

Sleep with 2 pillows so that your head is elevated for the first 3 days. You may also use a travel pillow. Sleeping with your head slightly elevated will minimize any forehead swelling that may occur. Try not to sleep on your face or side for the first 3 days as this may cause facial swelling! After 3 days, if there is no swelling, you may sleep in any position you wish.

Hiccups

Some patients may experience hiccups after surgery. Let your doctor know if this is an issue.

Swelling

If swelling does occur, it will likely be noticed on the 2nd or 3rd day after surgery and will last about one week. You may have been given a one-time cortisone injection to decrease the risk of swelling but unfortunately swelling may still occur.

Once swelling occurs, there is NO medication you can take or things you can do to minimize it. It will NOT impact your transplanted hairs and the swelling will go away on its own. The swelling will move downward from your forehead to your cheeks and nose. Occasionally, it may cause the eyelids to swell shut for a short period of time. Sometimes the swelling is extreme, but it always resolves by itself after a few days and does not require any special treatment. It should not be a cause for concern.

If the swelling is associated with redness, pain, tenderness, fever or chills, it may indicate an infection. If any of these symptoms occur, please contact the office (310) 553-9113.

Itching

You may experience some itching either in the transplanted/recipient area or in the donor area following your procedure. In general, itching is part of the healing process and should not be a cause for concern. A common contributing factor is scalp dryness. You may also experience itching as the new hairs grow in. You can use Hydrocortisone Ointment 1% which may be purchased over the counter (**ointment form only, no creams**). This may be applied locally to the areas that itch, as needed, up to four times a day, for three days. It is also possible that you may be using too much shampoo or shampooing for too long which can dry the scalp. If you feel that this is a factor, please cut back on the shampooing. **DO NOT SCRATCH THE SCALP** for the first two weeks. You can tap the area to alleviate the itching.

Less commonly, itching may be a sign of a skin infection or an allergy to the Bacitracin ointment or the shampoo. In the transplanted/recipient area, this may present itself as small pustules and/or redness. If you suspect that the itching is due to either of these products, or if the itching is persistent, please contact the office (424) 388-1234, as this may require specific treatment.

Bleeding

Before you leave the office, all bleeding will be controlled. On rare occasions, some bleeding may occur after the procedure. If bleeding occurs, put firm, continuous pressure on the area for 20 minutes. We suggest using a rolled up, clean towel and laying your head on top of it. **APPLY CONTINUOUS PRESSURE FOR A FULL 20 MINUTES**. If the bleeding does not stop, call your doctor at the number listed above and follow the directions given. If you are unable to reach us, then go to the nearest Emergency Room.

Infection & Pimples

Redness, swelling, and slight tenderness is to be expected for the first few days after the procedure. Rarely, one or more grafts may become infected. They may look like white pustules (pimples) or redness around individual hairs. They may be associated with a yellow colored crust and may be tender. If redness, swelling, or tenderness increases after the second day, please contact our office. Antibiotic treatment may be necessary.

You may develop a few pimples in the recipient and donor area one to six months following surgery. These may be new hairs breaking through the skin. They occasionally can be confused with a true infection, but pimples tend to resolve on their own. As individual pimples resolve, new ones may crop up. They can be treated by applying a warm, moist washcloth at least twice a day for 10-15 minutes at a time. It may be convenient to do this in the shower. The soaks will cause any fluid below the skin to come to the surface. The pimple can be "unroofed" by removing the thin top layer of skin with a sterile needle, allowing any fluid to drain. The best treatment is to have someone gently squeeze the pimple out for you. **Squeezing out the pimple will NOT harm the transplanted hair follicle**. If more than few pimples develop or the skin in a larger area with swollen, red, tender spots, please call the office to speak with the doctor.

If the donor area becomes infected, swelling, pain, or tenderness may be present in this area. Fever and/or chills are also indications of infection as well. If any of these conditions should occur, please contact the office.

Numbness

Numbness and tingling sensations on top of your head may be present for several weeks to months. You may notice these altered sensations in areas where no hair was taken or transplanted. This is the result of the disruption of small nerve endings in the skin during the course of harvesting the donor grafts and creating the recipient sites. Normal sensation will return within a few months (even up to one year), as nerve endings regrow. In rare cases some patients have described it as a burning sensation or a tingling sensation. It always resolves over time.

Lost or Dislodged Grafts

Your hair follicles (grafts) are generally set or integrated into your body after 2 to 3 days. They are firmly secure after two weeks. It is actually difficult to dislodge a graft after a few days. If a graft is dislodged, you will notice bleeding with a large rice grain size tissue. Slight bleeding by itself does not mean you lost a graft. Bumping your scalp accidentally will not harm the grafts. There is little you can do if a graft is dislodged. Statistically, you can expect to lose about 1-3 grafts for every 1000 placed.

Restrictions

Use common sense. You may perform light daily activities for the first three days following surgery. After two weeks, you may resume your normal daily activities.

Exercise

Exercise restriction has more to do with donor area scarring than on the impact of transplanted hair. For the first two weeks after surgery, you can perform light to moderate exercise. The main concern with exercise is donor area injury. Straining or stretching the back of the neck may predispose you to a wider scar formation. Exercises that do not flex or put pressure on the back of the neck and head is OK. In general, exercises such as sit-ups (especially with your hands clasped behind your head), squats, or rear pull downs will strain the back of the neck and scalp and should be avoided for at least 2 weeks post-procedure. The donor wound will not regain its full skin strength for at least 3-6 months after the surgery, so some reasonable degree of caution should be used during this period. After FUE you may resume normal workouts after 3 days. After FUT you may resume light workouts after 3 days and full workouts after 2 weeks once scar is completely healed.

Hair Products

Hair spray should NOT be used for the first week. **DO NOT USE ANY SCALP OR HAIR COLORING AGENTS FOR AT LEAST TWO WEEKS AFTER YOUR PROCEDURE.** You can lightly use Toppik or Dermmatch after 3 days.

Minoxidil (Rogaine)

If you choose to use Rogaine after your procedure, you should wait a minimum of two weeks after surgery. Rogaine may cause irritation to the scalp. If this occurs after a hair transplant, it can interfere with hair growth. If any sign of redness, irritation, itching, or burning occurs, stop the medication.

Smoking

Although it is not known exactly how long one should avoid smoking before and after a hair transplant, a common recommendation is to abstain 1 week prior to surgery and 2 weeks after the procedure. The carbon monoxide in smoke decreases the oxygen carrying capacity of the blood. These factors may contribute to poor wound healing after a hair transplant and can increase the chance of a wound infection and scarring. Smoking may also contribute to poor hair growth.

Sun Exposure

Sunlight or UV exposure will not harm the grafts unless you experience a severe sunburn. UV light may cause discoloration of the skin wound. The general recommendation is to avoid unprotected LONG exposure of your scalp to sunlight for three months.

New Hair Growth

You will see results within 6-12 months after your surgery. However, you should be prepared that almost all your transplanted hair will fall out within the first month after surgery. Some patients have commented that they **look worse after about 2 to 3 months** since the transplanted hairs have fallen while continuing to lose their native hairs from the normal balding process. The transplanted hairs need to shed before the new hairs regenerate. Keep in mind that you had a **follicle** transplant. The follicle is what generates new hair. The transplanted hair follicles will be dormant for about 3 to 4 months. The new hairs will slowly start to grow randomly. Not all hairs grow out at once, so you will not start to see visible hairs growing until 4 to 6 months. Complete results occur between 6 to 12 months. Be patient as the new hairs will grow in!