



G R E C O

HAIR RESTORATION

### **Bio-FUT Post-Operative Instructions**

*Hair restoration is a delicate procedure- Your adherence to the following instructions is essential for optimal results*

#### **Bio-FUT Post-Op Kit includes:**

- Copper Peptide Shampoo
- Copper Peptide FolicanGraft Enhancement Day Spray
- Copper Peptide FolicanGraft Enhancement Night Spray
- Shaving Brush shampoo applicator
- Complementary keratinocyte growth factor-based Hair and Scalp Formula

#### **General Instructions**

- Sleep on your back for 3 nights using 2-3 pillows. Also, a neck roll pillow may help to keep head elevated above the heart. Place a towel over your pillows for the first 2-3 nights to protect your linens in case of slight bleeding.
- If slight bleeding occurs from the graft site or suture site, apply gentle but firm pressure to the area with the gauze provided or a clean cloth. **APPLY EVEN PRESSURE WITH THE PALM OF YOUR HAND FOR 20 MINUTES.** The bleeding should stop, if it does not, call us at (941)867-3376. If the bleeding continues, and you can't reach us, please go to the nearest Emergency Room.
- Apply ice to the **FOREHEAD** and the **DONOR AREA** for 15 minutes 3-4 times a day for the first 3 days. This will decrease the chance of swelling. On occasion, swelling can still occur in the forehead and around the eyes. It is not dangerous, is painless, and will not affect the growth of the grafts. **DO NOT ice the transplanted area.**
- Avoid bending your head downward during daily activities. Bend at the knees when tying shoes and picking up objects. Keep your head above your heart at all times.
- **DO NOT** drink alcohol for 48 hours after the surgery. Alcohol may cause bleeding.
- Avoid sun exposure to the grafted area. The new skin of the grafts can burn easily.
- **NO** exercise for 7 days after the procedure. It could result in increased swelling or lost grafts. After 7 days, mild exercise can be resumed. Once your sutures are removed at 10 days, you may resume normal activities without restrictions.
- Avoid swimming for 10 days.



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### Wound Care Instructions: Cleaning, Shampooing, Spraying (Transplanted Area)

- *Graft Site:* Beginning *post-op day 2* \_\_\_\_\_, spray the *FolicanGraft Enhancement Night Spray* before bedtime. Beginning *post-op day 3* \_\_\_\_\_ in the morning, gently spray *FolicanGraft Enhancement Day Spray* on the grafted area every 60 minutes until bedtime. Repeat for both the day and night sprays until the bottles are empty. DO NOT blot off. Avoid getting in your eyes.
- *Post-Op Day 3* \_\_\_\_\_: You MUST shampoo your hair as directed below. Please note, do not stand directly beneath the shower head, water pressure may cause the grafts to fall out. We recommend you cup rinse the area.
- Wash the transplanted area daily twice daily (once in the morning and once in the evening) with a gentle rubbing in a circular motion with the shaving brush.
- Shampoo all your hair with the *Copper Peptide Shampoo* provided in the POST-OP kit you purchased from our office, or any professional or over the counter shampoo. Avoid medicated as well as baby shampoo.
- Lather up the shampoo in the palm of your hand with the shaving brush and use only the brush to gently place **lather** to your grafted area. Do not touch the grafts with the brush itself. Let it sit for 10-15 minutes. DO NOT RUB. Then gently use the brush in a circular motion to remove any potential or crusting/scabbing. Gently cup rinse the shampoo with cool water while your head is tilted back. Avoid direct water pressure.
- For the next 7 days, shampoo your hair in this manner twice daily, once in the morning and once in the evening. Use Tea Tree Oil Shampoo to ease any discomfort or itching while the scalp recovers.
- Air dry or blow dry on **cold setting** or fold a paper towel in ½ and gently press down one time and lift. DO NOT RUB THE GRAFTS TO DRY THEM.
- *Donor Site:* You may be more aggressive in cleaning the donor area that has been sutured. You may apply shampoo directly to the area and rinse off daily beginning 24 hours after surgery. Sutures will remain for 10 days. Gently apply Polysporin ointment twice daily beginning 24 hours after surgery and continuing until suture removal.
- Beginning the 3<sup>rd</sup> Night: Apply Aquaphor or Polysporin ointment ONLY to the donor site. Less crusting/scabbing produces a better result.



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### **Post Operative Issues to Be Aware Of**

**PAIN:** Please follow the prescription information for prescribed post-operative pain medications. You may take over the counter TYLENOL or MOTRIN instead of prescribed pain relief if tolerable.

**FOLLICULITIS** is an inflammation around the hair follicles. On rare occasions it may develop at the graft site when hair begins to grow around 3 months.

What are the symptoms of folliculitis? Folliculitis usually looks like red pimples with a hair in the center of each one. The pimples may have a pustule, itch or burn. When pimples break open, they may drain pus, blood, or both. If this happens, apply moist warm soaks 3 times a day and antibiotic ointment twice per day.

Please notify us if this occurs, as we prescribe specific medication for this problem.

**ITCHING:** If you experience any post-operative itching, you may use the following: Jojoba Oil, Tea Tree Oil, Tee Tree Oil Shampoo.

**NUMBNESS:** some degree of numbness over the donor site and at the graft sites most likely will occur. This is normal and will begin to resolve in 6-8 weeks. However, in some people it can take as long as one year.

### **Remember**

The hardest part of hair transplantation is waiting for the hair to GROW.

The hair transplanted today will begin to grow 3 to 4 months after the procedure.

Prior to this, the grafts will develop small scabs, which will fall off in 7-10 days.

The shaft of the hair will shed with these scabs at 1-2 weeks post operatively. This is normal. DO NOT PANIC. The hair root will remain. The new shaft will be growing below the skin.

The hair will continue to mature. FULL aesthetic results take up to 14 months post-operatively.

**If you have any questions or concerns, please don't hesitate to call us at 941-952-3300 or visit our website at [grecohairrestoration.com](http://grecohairrestoration.com)**