



Hazen Plastic Surgery | Hazen Medical Spa

Dr. Jill Hazen

Post Selphyl™ Hair Restoration Instructions

For 3 days you should **NOT** do any of the following:

- **Do Not** wash your hair or use direct shower pressure to scalp for 3 days
- **Do Not** touch the injection sites for 3 days
- **Do Not** swim or undertake any strenuous exercise for 3 days
- **Do Not** expose yourself to long periods of the sun for 3 days
- **Do Not** sit in a sauna, hot tub, or Jacuzzi for 3 days
- **Do Not** wear any tight-fitting head garments for 3 days

After the initial 3 days you may:

- **Gently** wash your hair, avoiding rubbing your scalp
- **Gently** pat dry your hair and/or let it air dry
- **Resume** normal activities

Potential side Effects:

In some very rare cases, slight side effects may occur: redness, local swelling, local pain. These should not last more than a few hours or up to a few days. These are normal side-effects post-treatment. Immediately contact your provider if your side effects seem severe, or if there are any signs of infection. Please call the office at 609-452-0246 with any questions.