

Follicular Unit Transplantation (FUT) Hair Transplant

Pre & Post Operative Instructions

Understanding Your Procedure with Local Anesthesia

Your FUT hair transplant is performed under local anesthesia, which means you will be awake but comfortable. Some patients may choose to take a mild oral sedative (such as Valium) to help with relaxation. Sedation is optional.

Eating Before Your Procedure

- Eating before your procedure is appropriate and preferred.
Because we use only oral sedatives (no IV or general anesthesia), fasting is not required.
- You may eat a light meal and drink fluids normally before arrival.

Transportation

Your transportation needs depend on whether you take a sedative:

- If you know before the procedure that you want a sedative:
 - Please arrange for a responsible adult to drive you home.
- If you decide during the procedure to take a sedative:
 - It is safe and acceptable for you to take an Uber/Lyft or similar rideshare home, as long as you are stable and cleared for discharge by staff.
- If you do *not* take a sedative:
 - You may drive yourself home

Sedation Notes

- Some patients decide mid-procedure whether they want a sedative, which is very common.
- Our team will ensure you are alert, stable, and safe before discharge regardless of your choice.

Shopping List

- Tylenol (Acetaminophen): Safe alternative to narcotic pain medication
- DO NOT take NSAIDs (ibuprofen, Motrin, Advil, Aleve)

Pre-Operative Instructions

Medication Management Before Hair Transplant

- Avoid NSAIDs (ibuprofen, Motrin, Advil, Aleve) for 7 days before surgery.
 - Tylenol/acetaminophen is safe to take.
- If you take any blood thinners, please follow the plan discussed during your pre-op call.

Common blood thinners include:

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|------------------------|--------------------------------------|
| • Aspirin | • Eliquis (apixaban) |
| • Plavix (clopidogrel) | • Xarelto (rivaroxaban) |
| • Warfarin (Coumadin) | • Heparin or
low-molecular-weight |

heparins (e.g., Lovenox)

Important:

- Do not stop any prescription blood thinner on your own unless directed by us..
- We will coordinate with your prescribing provider if any adjustments are needed.

Medications Requiring Special Handling

Please notify our office if you take any of the following, as they may interact with medications used during your procedure:

- MAOIs (monoamine oxidase inhibitors). Common examples include:
 - Nardil (phenelzine)
 - Marplan (isocarboxazid)
 - Parnate (tranylcypromine)
 - Emsam patch (selegiline)
- Nitrates, including medications for chest pain
- PDE-5 inhibitors such as Viagra, Cialis, Levitra
- Certain antidepressants or psychiatric medications

We will review all medications with you during your pre-op call and provide personalized instructions if needed.

Alcohol & Nicotine Products: Stop or Reduce 1 Week Prior

- Reducing/Stopping Smoking: We strongly recommend reducing or ideally stopping smoking (including e-cigarettes with nicotine) for at least 1 week before and after your hair transplant.
 - Why? Smoking can significantly hinder your healing process and increase the risk of complications. Nicotine constricts blood vessels, which can impair blood flow

to the surgical area, affecting healing and recovery. Any reduction in smoking is beneficial and contributes positively to your surgical outcome.

- Alcohol Consumption: Try to reduce or stop alcohol consumption for at least one week before and after surgery.
 - Why? Alcohol can increase the risk of bruising, swelling, and can prolong the healing process. Reducing alcohol intake, even if complete cessation is challenging, can significantly improve your recovery experience.

The Night Before Surgery

- ☐ Set Up Home Recovery Area: This may include pillows, blankets, books, television, and anything else to assist with a comfortable recovery.

Your Surgery Day: A Preparation Guide

On the day of your surgery at Asia Pacific Aesthetics, we prioritize your comfort, safety, and the success of your procedure. To help everything go smoothly, please follow these guidelines carefully:

- Eating and Drinking
 - You may eat and drink normally before your procedure. Because we use only oral sedatives (and no IV or general anesthesia), fasting is *not* required.
- Showering & Hair Preparation
 - Wash your hair the morning of surgery with a mild shampoo.
 - Do not apply conditioner, oils, styling products, or medicated hair treatments afterward.
 - Arrive with clean, dry hair.
- Jewelry and Valuables
 - Remove all jewelry and refrain from bringing valuables to the clinic.
 - We cannot take responsibility for lost items.
- Makeup and Skincare Products
 - Refrain from wearing any makeup or applying skincare products on the day of your surgery.
- Clothing
 - Opt for loose, comfortable clothing that doesn't need to be pulled over your head.
 - A button-up or zip-front top is ideal for after your procedure.

- **Transportation and Post-Op Care**
 - If you plan in advance to take a sedative:
Please arrange for a responsible adult to drive you home.
 - If you decide to take a sedative during the procedure:
You may take an Uber, Lyft, or taxi home *as long as you are stable and cleared by staff before discharge.*
 - If you do not take a sedative:
You may drive yourself home.

Your care team will assess you before discharge to ensure you are safe to leave.

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- **Communicating Questions or Concerns:** If you have any last-minute questions or concerns, please get in touch with us immediately. See the last page of this document for all contact information.

Following these instructions will help ensure a safer surgery & a smoother recovery. We thank you for your cooperation and look forward to providing you with excellent care.

Post-Operative Instructions

Your postoperative care is essential for optimal healing and graft survival. Please follow these instructions carefully. If you have any questions, our team is here to support you.

DAY 0 – THE DAY OF SURGERY (AFTER YOU GET HOME)

Showering

- Shower your body only.
- Keep the hair and scalp completely dry.
- Do not allow water, sweat, or steam near the grafts or donor incision.

Medications

- Follow the directions on your prescription bottles.
- If unsure, take your first antibiotic dose when you arrive home unless directed otherwise.
- Avoid NSAIDs (ibuprofen, Motrin, Advil, Aleve) for 7 days after surgery. Tylenol is safe.

Hat Use

- Wear a loose, non-compressive hat outdoors.
- Avoid tight caps or knit hats that may press on grafts.

- Do not wear a hat indoors unless medically necessary. Overuse can increase sweating and irritation.

Bleeding

- Mild oozing from the grafts or donor incision is normal.
- If bleeding occurs, apply firm pressure with clean gauze for 10 minutes.
- If bleeding continues, contact our office.

Swelling & Ice

- Apply ice packs to your forehead only, not the grafts or incision.
- Always use a thin cloth barrier to prevent frostbite.
- Ice for 15–20 minutes, 4–6 times today.

Sleeping

- Sleep with your head elevated on 2–3 pillows to reduce swelling.
- Continue head elevation for 3–5 nights.

DAYS 1–2

Showering

- Continue body-only showers.

- Keep the scalp dry.

Donor Area Care (FUT Incision)

- Apply Bacitracin or Polysporin to the incision once daily.
 - Use clean hands or a new cotton swab each time.
 - Apply a thin layer—too much can trap moisture.
- Do not stretch the back of your neck or tilt your head back forcefully, as this may increase tension on the incision.

Graft Care

- Do not touch, pick, rub, or scratch the grafts.
- Scabs will begin forming naturally.

Sensation & Tightness

- A feeling of tightness at the back of the head is normal.
- Numbness around the donor incision is expected and may last several weeks.

Swelling

- Continue icing your forehead (not the grafts) 4–6 times daily.
- Swelling around the forehead &/or eyes is normal.

DAY 3

First Hair Wash – Cup Technique

Begin gentle washing using the “cup technique”:

1. Mix lukewarm water with a few drops of baby shampoo.
2. Gently pour the soapy water over the grafts without rubbing.
3. Allow suds to run over the area.
4. Rinse by pouring clean water from a cup.
5. Pat gently or air dry.
6. Do not use heat from a hair dryer.

Donor Incision Care

- Begin gentle fingertip washing around (not on) the incision.
- Continue antibiotic ointment through Day 3.
- If a dressing was applied, replace as directed by your care team.

DAYS 4–6

Washing

- Continue daily cup-technique washing.
- You may begin very light fingertip contact around Days 5–6 but avoid lifting scabs.

Donor Incision

- Switch to Aquaphor on the incision 2–3 times daily until scabs resolve.
- Mild itching is normal.
- You may use 1% hydrocortisone to the donor area if needed.

Activity

- Light walking is okay if your heart rate stays under 100.
- Avoid sweating, bending over, strenuous activity, cardio, or weights.

DAY 7

Normal Showering

- You may now shower normally.
- Allow water to run gently over the grafts and incision.
- Begin gentle circular motion on the grafts to help lift scabs.

Hair Drying

- Hairdryer on cool until Day 7.

- Normal heat is okay after Day 7.

Sutures or Staples

- FUT incisions are closed with sutures or staples.
 - These are typically removed at 10–14 days after surgery.
 - It is important to attend your scheduled removal appointment.
 - Do not attempt to remove or trim sutures or staples on your own.
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WEEKS 2–3

Healing Expectations

- All scabs should be gone by Day 10–14.
- Contact us if scabs remain after 14 days.
- Redness along the donor incision is normal and may take weeks to fade.
- It is normal to feel tightness or a pulling sensation in the donor area for several weeks as the incision heals.

Exercise

- Resume gradually:
 - Strenuous exercise: Day 7–14, depending on swelling

- Cardio & heavy lifting: Day 14
- Swimming, sauna, steam room, hot yoga: Day 14

Sun Protection

- Wear a loose, non-compressive hat outdoors for 3 weeks.
- Avoid direct sun exposure on grafts and incisions.

Hair Products

- Hair gel, mousse, hairspray: OK after Day 7
- Chemical treatments or hair dye: OK after Day 14

MEDICATION GUIDE

Rogaine / Minoxidil

- You may continue using Rogaine/minoxidil before surgery unless otherwise directed by your surgeon.
 - Pause use after surgery and restart on Day 14.
- Apply gently with cotton or a Q-tip.
- Avoid pressure applicators for 30 days.

Pain Medication

- Tylenol/acetaminophen is safe.
- Avoid NSAIDs for 7 days.

Antibiotics

- Take as instructed on your prescription.

WHAT TO EXPECT

You may experience:

- Mild swelling
- Scabbing on grafts
- Redness
- Tightness at donor site
- Itching
- Forehead swelling
- Temporary shedding of transplanted hairs ("shock loss") at 4–6 weeks
- Numbness at donor area for 6–12 weeks (normal)

These symptoms are expected.

ACTIVITY TIMELINE

Activity	When Allowed
Cup-technique washing	Day 3
Normal shower	Day 7

Light walking	Day 3
Strenuous exercise	Day 7–14
Bending over	Avoid until Day 3
Heavy lifting	Day 14
Swimming (ocean/pool)	Day 14
Sauna / Steam / Hot yoga	Day 14
Hairdryer (cool)	Immediately
Hairdryer (heat)	Day 7
Hair products	Day 7
Hair dye / chemical treatments	Day 14
Resume Rogaine	Day 14
Loose hat outdoors	Immediately
Sun exposure without hat	After 3 weeks
Suture/staple removal	Day 10–14

Patient Communication Guide: Who to Contact Post-Operation

At Asia Pacific Aesthetics, your health and well-being are our utmost priorities. This guide helps you understand whom to contact based on your post-operative needs, ensuring timely and appropriate care.

Type of Concern	Contact Information	Instructions/Examples
Non-Urgent Questions or Concerns	Email: ana@drshimching.com	• General recovery questions • Appointment inquiries • Prescription refills
Urgent Questions or Concerns	Our Office: (808) 585-8855 <u>After 5pm or on weekends:</u> Physician's Exchange: (808) 524-2575	• Swelling, bruising, or redness spreading beyond graft area • Severe pain • High fever • Unusual discharge or odor • Uncontrolled bleeding • Loss of grafts
Medical Emergencies	Call 911 or go to the nearest emergency room	• Difficulty breathing • Chest pain • Severe calf pain • Signs of heart attack or pulmonary embolism

Our Commitment to You:

We are here to support you throughout your recovery journey. Your safety is our priority, and we encourage open communication. By guiding you on the most appropriate communication channels for your concerns, we aim to provide efficient and effective care, ensuring you feel fully supported and cared for.