

ARMANI MEDICAL FUT INSTRUCTIONS

Before Transplant Instructions:

Please, advise the office if you develop a fever (**temperature** of 101 degrees or higher) within 7 days prior to surgery. If you have any conditions (an **artificial joint or valve, atrial fibrillation, diabetes**, etc.) which require you take an antibiotic pre-operation, please notify us.

1. If you have history of dandruff, shampoo your hair with Head and Shoulders daily for 7 days prior to your procedure.
2. Avoid sun exposure to your scalp for two weeks prior to your procedure.
3. Discontinue **Aspirin, Ibuprofen**, all vitamins and all nutritional supplements for two weeks prior to your procedure.
4. Hair in the donor area (Back of scalp) should be at least ½ inch to 1 inch in length. This will allow the sutured area to be camouflaged following surgery (It is for cosmetic purposes only).
5. You should have 4 medications to use after the procedure:

-**Tramadol** (Ultracet) prescribed to eliminate post-transplant pain.

-**Lorazepam** (Ativan) prescribed to help you sleep after the procedure.

-**Dexamethasone** (Decadron) prescribed to reduce possible post-transplant swelling.

-**Polysporin ointment** prescribed for proper healing of the donor area (back of the head) after the procedure.

When you are at the pharmacy, buy a large tube of (over the counter anti-biotic) for use on the donor area (back of the head only) after the procedure.

6. If you were taking **Propecia** (Finasteride) before surgery, you may continue to take it without any lapse. Discontinue the use of **Rogaine** (Minoxidil) for 10 days after your operation.

7. **No alcohol consumption for 48 hours** prior to your appointment for surgery.

8. The morning of the surgery, shampoo your scalp and hair but do not use any sprays or styling gels.

9. **Do not wear T-shirt** or clothing that must be pulled over your head. Wear a loose fitting front buttoned shirt.

10. **Eat a very large meal** (No caffeine) before your appointment. THIS IS VERY IMPORTANT since the oral medications used during the procedure must be taken on a full stomach.

You may drive yourself to our clinic but **do not drive after the procedure**. Due to the sedative effect of the medications used, it will be necessary for you to have a responsible person (or a Taxi) drive you to your destination.

After Transplant Instructions:

1. After your procedure, take your pain medication, **Tramadol (Ultracet)** on a full stomach. **Do not wait until you have pain.** Take the first pain pill as soon as you arrive home and then every 5 hours (on a full stomach). You should not drive while taking the pain medication or the sedative. Relax the remainder of the day. DO NOT get hot. Leave the head bandage and dressing on for the next 48 hours.
2. Take 1 **Lorazepam (Ativan)** approximately 20 minutes before retiring to bed nightly for the first 3 night after the procedure. This will help you to be more comfortable during the night.
3. Sleep with your head elevated using 1 or 2 pillows for one to two nights following your procedure. You may sleep in a recliner. DO NOT lift anything heavy. DO NOT lean your head forward over to tie shoes or pick up objects for the first 48 hrs. No strenuous exercise for a minimum of 14 days. Try not to lean your head forward to type or read for the next 2-3 days as this will increase the chance of swelling around your face. DO NOT drink alcoholic beverages for two days following your transplant.
4. On the first post-operation day following your procedure, start taking the **Dexamethasone (Decadron)** three times a day with food to reduce possible swelling. **Stop taking this medication if you develop hiccups.**
5. If you develop swelling or bruising of the forehead and eyes, keep head elevated and apply ice packs to the forehead area (not to any transplanted grafts). **Even if significant, this condition is not serious and will resolve on its own.**
6. Make sure you do not hit your head/scalp on any objects (such as cabinets etc.) as it will be numb for a while.
7. If heavy bleeding occurs, apply firm, steady pressure through a bandage for 20 minutes. If bleeding persists, continue applying steady pressure through the bandage for another 20 minutes. If bleeding still continues, contact our office or go to the nearest emergency room.

Post-op bandage removal and shampoo procedure (48 hrs. after Transplant):

1. On the second day after the procedure, remove the stockinet (stretchy bandage) and unwrap the gauze. Remove the bandage on the head from BACK TO FRONT. It will lift off like a cap. Please, do not be alarmed if there are grafts in the bandage following removal as occasionally a few grafts are lost.
2. After you have removed your bandage (at least 48 hours after surgery) get into a slow running warm shower. **Do not let the direct stream hit your head above the chin.** You may take a plastic bowl/cup into the shower and pour water with dissolved mild shampoo (like or Johnson's Baby Shampoo or regular Neutrogena) over the grafted areas. DO NOT touch or rub the grafted area. Treat the area very gently (Do not touch or rub the transplanted follicles) for 10 days following surgery. Do not use any harsh shampoos including dandruff shampoo or any conditioner for the first 10 days after your transplant. Crusts (scabs) will form over the transplant sites within the first few days. These crusts will naturally fall off around 10 days. **Do not pick or scratch at the crusts within the first 10 days. After 10 days you may shampoo your hair normally** with your regular shampoo. Do not be alarmed if you notice hair shafts present within the falling scabs as this is very normal.
3. Clean the donor area (Back of the scalp/suture) well daily to avoid crusting and build up in this area. Apply **Polysporin** to this donor area every morning for at least 10 days or until sutures are removed. You can clean the donor area gently with a new, soft bristle toothbrush the morning prior to the suture removal. This will cleanse the area well and help remove any crusting around the suture.
4. Discontinue the use of **Rogaine** (Minoxidil) for 10 days after your operation.
5. Sutures used in the donor area will be removed 12-14 days post transplantation.
6. Do not use any public pool or whirlpool until 48 hours after suture removal.
7. You may get a regular haircut 48 hours after the removal of the sutures.
8. Wait at least 3 weeks post-op before using any hair dyes.