

# **Armani Medical FUE Hair Transplant Instructions**

## **BEFORE YOUR PROCEDURE**

### **Two Weeks Before Your Procedure:**

Avoid significant sun exposure to the scalp for at least two weeks before your procedure.

Discontinue Aspirin, Ibuprofen, all vitamins, and all nutritional supplements.

If you are taking prescription blood thinners, please inform our office so we may obtain clearance from your prescribing physician before temporarily discontinuing them.

Avoid foods, spices, or herbal products that may increase bleeding tendency, including turmeric or curcumin, curry powders, garlic, ginger supplements, ginkgo biloba, ginseng, fish oil or omega-3 supplements, flaxseed or flaxseed oil supplements, and vitamin E.

100% pure protein powder without added supplements is acceptable.

### **One Week Before Your Procedure:**

Please notify our office if you develop a fever (temperature of 101°F or higher) within 7 days before surgery.

If you have medical conditions such as an artificial joint, heart valve, atrial fibrillation, diabetes, or other conditions that require antibiotics before certain medical procedures, please notify us.

If you have a history of dandruff, shampoo your hair with Head & Shoulders® daily.

### **1-2 Days Before Your Procedure:**

Avoid alcoholic beverages.

Pick up the medications prescribed for use after your transplant. You will be prescribed the following medications necessary after the procedure:

**Tramadol (Ultracet)** — for post-transplant discomfort

**Lorazepam (Ativan)** — to help with relaxation and sleep during the first few nights

**Dexamethasone (Decadron)** — to help reduce possible swelling

**Polysporin® ointment (over-the-counter)** — to promote healing of the donor area

Haircut: For FUE procedures, hair in both the donor area (back of the scalp) and the recipient area should be trimmed as short as possible (military buzz-cut/no guard). If you do not obtain this haircut the day before your procedure, we will trim the hair on your surgery day.

Patients who dye their hair may do so one to two days before the procedure.

### **Morning of Your Procedure**

Do not exercise.

Shampoo your scalp and hair the morning of your procedure. Do not use hairspray, styling gels, or other hair products.

Eat a large breakfast before your appointment (maximum one cup of coffee or tea). The oral medications used during the procedure must be taken on a full stomach.

Do not wear clothing that must be pulled over your head (T-shirts). Wear loose clothing such as a button-down shirt and comfortable pants.

You may drive yourself to the clinic, but you will not be permitted to drive yourself home afterward due to sedative medications used during the procedure. You can arrange transportation with a friend, family member, ride-share service, or taxi.

## **AFTER YOUR PROCEDURE**

### **Immediately After the Procedure**

You will leave the clinic with a wraparound donut-shaped bandage placed around the donor area covered by a disposable surgeon cap. Patients typically look presentable, similar to a doctor wearing a surgical cap.

Please avoid bumping or hitting your head, especially when getting in and out of vehicles. If you have young children or pets, ensure they do not accidentally touch or bump the transplanted area.

### **First Night After Surgery**

Once you arrive home, eat a full meal and take your first dose of Tramadol before the anesthetic wears off.

Continue taking Tramadol every four hours on a full stomach until bedtime.

Before going to bed, take Lorazepam (Ativan) as prescribed.

Sleep with your head elevated for the first three nights using the neck pillow provided.

If you awaken during the first three nights with discomfort, eat a full meal and take another dose of Tramadol.

Minor spotting or oozing from the donor area may occur the first few nights and may be visible through the bandage. This is normal and not active bleeding.

### **The Day After Your Procedure**

Most patients experience minimal discomfort beginning the day after the procedure. Over-the-counter pain relievers may be used if needed.

Patients may resume approximately 95% of normal daily activities such as walking, driving, shopping, and computer work.

Avoid exercise, prolonged exposure to extreme heat or hot weather, and strenuous sexual activity for at least seven days after the procedure.

You may resume any medications or supplements that were stopped before surgery.

There are no dietary restrictions, but avoid alcohol for two additional days.

Begin taking dexamethasone on the morning of post-operative day one to reduce swelling. This medication is primarily for cosmetic swelling reduction and may be skipped if swelling is not a concern; however, discontinue it immediately if hiccups occur.

Use the provided cold eye mask intermittently throughout the day to help reduce swelling.

Avoid leaning forward or lying flat for long periods during the first few days.

Small amounts of blood visible through the bandage, surgical cap, or pillow towel during the first two to three days are normal.

Persistent bleeding that does not stop is extremely rare. If significant active bleeding occurs, especially from the donor area, contact our office. Apply firm pressure with gauze for 20 minutes. If bleeding continues, apply pressure for another 20 minutes (This is extremely unlikely.)

If it still does not stop and you cannot return to the clinic, go to the nearest emergency room after speaking with our staff.

## **48 Hours After the Transplant**

Remove the disposable surgical cap and donut-shaped donor bandage approximately 48 hours after surgery.

You will likely notice scabs and dried blood on the scalp. The safest approach is not to rinse the transplanted area for up to the first 10 days. Never use direct shower pressure on the grafts. **If head rinsing is desired, gently pour lukewarm water mixed with Johnson's Baby Shampoo using a bowl or cup.**

Swelling around the forehead, temples, eyes, or nose bridge may appear around 48 hours after surgery and will resolve within several days.

You may begin wearing a hat after 48 hours. Clean hats are recommended. Baseball-style hats are preferred; tight beanies should be avoided.

Start applying **antibiotic ointment to the donor area only**, using a thin worm-sized line, and continue this daily for 10 days. Do not apply Polysporin, Minoxidil, or any topical products to the transplanted area for at least 10 days.

**For the first 10 days, do not touch, don't shampoo normally, do not towel dry, or otherwise manipulate the transplanted grafts. They must remain completely undisturbed.**

Scabs will form over transplanted grafts during the first few days and will naturally fall off around day 10 once normal shampooing begins. Do not pick or scratch the scabs. Hair shafts within the scabs may shed during the first few weeks, which is normal and does not mean grafts were lost.

## **First 7 Days:**

Avoid any exercise and strenuous sexual activity.

Light cardio may resume around day 7.

## **After 10 Days**

Heavy lifting and strenuous exercise may resume.

Haircuts or shaving the head may resume after day 10.

May resume swimming pools, hot tubs, and whirlpools.

## **After 4 Weeks**

Hair dyes or chemical treatments should wait at least four weeks.