

Armani Medical

First Evening Instructions After Your Hair Transplant

****Be extremely careful after leaving the clinic to avoid hitting your head**** on car door frames or open cabinet doors, because your scalp is numb and you may not feel minor contact normally. Be cautious around children or pets to avoid accidental contact.

Take your pain medication with a full meal (no soup or cereal) every 4 hours until you are ready to go to bed.

Taking pain medication without a proper meal will likely result in nausea or vomiting.

The most noticeable discomfort typically occurs about 4 hours after leaving the clinic, as the local anesthetic wears off, typically between 6:00 PM and 9:00 PM.

It is important to stay on schedule.

When you are ready to go to sleep, take your sleeping medication (lorazepam).

Sleeping / Overnight

Sleep in a slightly elevated position by propping yourself up with one or two pillows and using the inflatable travel pillow provided around your neck.

Avoid pressure or contact with the transplanted area.

Use the disposable blue towel (chuck) provided and place it over your pillowcase to protect your sheets. Some oozing through the bandage during the first night or two is completely normal.

If you wake up during the night with discomfort, eat and take another pain medication if needed.

If you experience nausea or vomiting, this is most often due to taking medication without a full meal (no soup or cereal). Eat before taking any additional medication.

Do NOT touch, rub, or manipulate anything on your scalp, or remove or adjust any dressing, surgeon cap, or bandages that have been placed on your scalp.

Next Step

Please set your alarm for 8:55 AM in anticipation of Dr. Armani's call, as the sleeping medication may make you groggy, so you are fully alert and able to understand the instructions that will be discussed.

Be ready for your 9:00 AM follow-up call with Dr. Armani.

Dr. Armani's follow-up call, which typically takes 20 minutes, will include instructions for the next several days, including wound care, activity, healing, swelling, and answers to other important questions.

If you have not received a call by 9:20 AM, please call: (972) 2-ARMANI