



Radiant Skin Dermatology and Laser

General | Cosmetic | Dermatologic Surgery

Pre-op Instructions

Before Surgery

- Wash your hair the day before surgery with **Hibiclens** and your regular shampoo, in a 50/50 ratio, let sit for a minute and then rinse out. Do not wash your hair the day of the procedure
- Eat a good breakfast
- Wear a button down shirt or something easily removable, **bring a hooded sweatshirt**
- Please arrive at the office no later than 8:30 am. In the event that you may require medication it is preferred that you be dropped off and picked up after your procedure.
- Bring your prescribed medications and take them as directed, these include an antibiotic and anti-anxiety meds. **Do not take your anti-anxiety or pain reliever meds before signing the procedure consent**
- Complete your medical questionnaire and sign your consent forms **before** the surgery begins
- Please review and follow the recommendations for foods and herbal supplements that should be avoided prior to surgery as they contain aspirin-like (blood thinning) qualities and can complicate the surgery.
- Pre-operative photos will be taken for your chart
- Please consider what hairstyle you will wear for your procedure. **The donor site will need to be shaven down to skin level.** A short haircut will allow others to see you have had surgery vs. a long haircut will enable us to comb your hair over the donor site and provide some camouflage.
- Please feel free to ask as many questions as you like. We want you to be well informed
- Smoking is strongly prohibited as this will delay your wound healing time
- If you color your hair, it is recommended that you color your hair a few days before your procedure. After the procedure, you must wait 6-8 weeks before you can color your hair again and a semi-permanent color should be used instead of a permanent hair color that may cause damage to your new grafts. Permanent hair color can be used 3 months after your surgery.

116 Central Park South, Suite 7, New York, NY 10019

T: 212-229-0007

F: 212-202-6350

E: info@radiantskinny.com

W: www.radiantskinny.com



Radiant Skin Dermatology and Laser

General | Cosmetic | Dermatologic Surgery

During the Procedure

- You may bring your own books or music as long as it is appropriate for everyone
- Please bring a music player like ipod with ear buds, no headphones
- At any time during the procedure you may use the restroom
- We will break for lunch if your procedure is scheduled for the entire day
- Friends and family are not allowed in the surgery room when the procedure is being done, however they will be allowed to visit and check on your progress. Having others in the surgery suite contributes to a non-sterile environment and is not encouraged by OSHA

After Surgery

- You will be given all required prescriptions, medications and detailed post-op instructions
- Should you have any questions concerning any aspect of your procedure, please call the office at (212) 229-0007

Post-op Instructions

1. Alcoholic beverages, ibuprofen (Advil/Motrin) and aspirin are not to be taken for 48 hours after surgery. We will provide you with prescription strength medication.
2. In occasional instances, minor bleeding may occur from the transplant site and/or donor area. This can be controlled by applying gentle but **firm** pressure on the area for 5-10 minutes with a dampened gauze pad. **Press only, does not rub.**
3. A pressure dressing will be applied to the back of your scalp where grafts were harvested. This dressing should remain in place for 2 days. After 2 days, you may remove the pressure dressing. All donor sites should be closed up and on their way to healing. Apply Bacitracin or Mupirocin ointment over the donor area once daily for 3 more days. After that you do not have to apply anything to the donor area.
4. If the grafts dry prematurely, they may cause itching. To avoid this from happening, we recommend you fill a small spray bottle with normal saline (provided by Dr. Dele-Michael) and spray the grafts 3-4 times daily to keep them moist.

116 Central Park South, Suite 7, New York, NY 10019

T: 212-229-0007

F: 212-202-6350

E: info@radiantskinnyc.com

W: www.radiantskinnyc.com



Radiant Skin Dermatology and Laser

General | Cosmetic | Dermatologic Surgery

5. If your surgery involved frontal hairline restoration, we recommend that you sleep in an elevated position for the next 2 nights after the surgery, with pillows stacked under your upper body. This will help to control your swelling and minimize the degree of swelling that will affect your forehead/brow region. This will raise your head forward and away from the pillow and your bed's backboard.
6. To minimize swelling on the forehead or around the eyes, apply an ice pack or a bag of frozen peas over the eyebrows for 15 minutes every hour, **not on the grafts**. Keep the ice pack at least one inch away from the frontal hairline where grafts were placed. If swelling occurs, it will appear on the second or third day after the surgery. The swelling is part of the healing process and will usually disappear within 5-7 days. Begin using ice packs immediately after the surgery and continue for the next 72 hours. Do not use hot compress, this will only intensify the swelling.
7. Scabbing will form over the transplant sites and solidify the first few hours after the procedure. These scabs will naturally fall off within 2 weeks. **Do not pick or scratch** at these scabs at any time. To do so can endanger the healing of the graft and could cause scarring or chance of infection. Don't be alarmed if there are short hairs in scabs when they fall off. The hair bulb remains inside the skin. It is natural to lose the hair shaft.
8. Do not wash your scalp for 48 hours after the surgery. Only after 48 hours, may you lightly wet the hair in the shower with low pressure stream of warm water. We recommend you use a large cup and fill it with warm (NOT HOT) water and pour a small amount of Johnson & Johnson Baby Shampoo into the large cup. Pour this mixture onto your entire scalp and spread the shampoo over the sides and back of the scalp, massaging the mixture with your fingers, do not rub. **It is important that you do not touch the recipient areas with your fingers as this may cause the grafts to come out.** Rinse lightly in the shower with your large cup that is now filled with only water. **Do not allow full strength streaming water from the shower to head hit your scalp.** This may cause your grafts to dislodge especially for the first 5 days. It is recommended you wash your scalp daily or at least every other day for the first 2 weeks.
9. For the first week be careful of what kind of strenuous activity you perform. Weight lifting and intense workouts should not be done for 14 days. Most activities in the work place should be easily resumed a day or two after the procedure. **Please ask us if you have any questions or concerns.**

116 Central Park South, Suite 7, New York, NY 10019

T: 212-229-0007

F: 212-202-6350

E: info@radiantskinny.com

W: www.radiantskinny.com



Radiant Skin Dermatology and Laser

General | Cosmetic | Dermatologic Surgery

10. **Hats may not be worn the first 2 days.** Afterwards, hats can be worn but only when out in public. Do not wear a hat unless you have to or intend to be outside for more than 30 minutes under bright sunlight or in the cold. We recommend wearing a trucker's cap, (see pic). Do not wear a hat that collapses or touches your scalp, especially where grafts were placed. You may also begin wearing a sunscreen after 2 weeks to help protect your grafts if you plan to be outside for more than 30 minutes. Please be aware that you can sunburn/windburn your grafts if you are outside too long under intense sunlight/cold. Because this is possible, we recommend you avoid going outdoors when it is extremely hot and sunny or cold outside.



11. Be sure to take all medications provided for you as directed.
12. Do not use hydrogen peroxide on your scalp or other ointments unless instructed by the physician. This could affect the healing process and reduce the success of the procedure.
13. Wait 1 month before resuming Rogaine 5% foam. Propecia does not have to be stopped.

Emergency Instructions

You have had a hair transplantation surgery on your scalp. The surgery sites may bleed slightly the first night after the procedure. If excessive bleeding occurs anywhere on the scalp and cannot be stopped by firm pressure and application of ice to the area for a period greater than 20 minutes, then you must proceed to the nearest hospital emergency department or urgent care center. Please call us and take this form with you.

116 Central Park South, Suite 7, New York, NY 10019

T: 212-229-0007

F: 212-202-6350

E: info@radiantskinny.com

W: www.radiantskinny.com



Radiant Skin Dermatology and Laser

General | Cosmetic | Dermatologic Surgery

For hospital medical staff

This patient is S/P hair transplant procedure performed on _____

Pre-operative medications: Keflex 500mg, bid x 4days and Xanax 0.25mg, one tablet night before surgery, one tablet 30 min prior to surgery

Post-operative medications

Hydrocodone 5 mg/Acetaminophen 500 mg, 1-2 hours post-op / every 6 hours as needed for pain and Medrol Dose Pack, take as directed

116 Central Park South, Suite 7, New York, NY 10019

T: 212-229-0007

F: 212-202-6350

E: info@radiantskinny.com

W: www.radiantskinny.com