



*For questions or emergency care, please contact us at 985-327-5905.*

## **HAIR RESTORATION SURGERY FUE TECHNIQUE**

### **WEEK 1**

- We will remove your dressing the morning after your surgery.
- Starting 48-72 hours after surgery, you may wash your hair with non-medicated shampoo in lukewarm water using a cup to pour the water/shampoo mixture onto your scalp. And again, using the cup to gently rinse with lukewarm water. Avoid rubbing or scrubbing the scalp. Do not allow water from the showerhead to hit your scalp and do not submerge your scalp in bath water. Air dry only. Don't brush or comb hair – you may use your fingers to gently style but don't touch the grafts.
- Starting 72 hours after surgery, you may begin gently spraying your scalp with saline to moisten the scabs and relieve itching.
- Sleep on your back with the head of your bed elevated 30 to 40 degrees. You can use pillows or a wedge cushion in the bed or sleep in a recliner. Sleep on your back, not your stomach or side.
- Do not blow dry your hair.
- Do not bend over at the waist to pick up objects; instead squat down to lift light objects.
- No heavy exercising for 1 week.

### **WEEK 2**

- Starting day 8 after surgery, you may begin to shampoo with warmer water using non-medicated shampoo and you may use the showerhead to rinse scalp. Massage the scalp with the pads of your fingers to remove the scabs – don't pick the scabs! You may resume your normal shampoo routine, including use of conditioner, after the scabs have fallen off. Don't baby the grafts longer than 2 weeks – massaging when you wash your scalp normally will improve results.
- You may begin/resume using Minoxidil products.
- Sleep on your back with head of bed elevated 30 to 40 degrees.
- You may comb hair with your fingers – avoid touching the scalp.

### **THINGS TO REMEMBER**

- As you clean your hair, you may see small fragments of the hair come off along with the scabs. This is only the upper part of the hair shaft, not the living bulb of the follicle. The living bulb is still buried deep under the skin.
- After about 7-10 days, all of the scabs will fall off and you will be left with only a short razor stubble of visible hair. This hair will usually remain dormant and will not grow. This dormant hair falls out about 4 weeks post-op. The hair will then be in a resting phase for about 3 months post-op before new hair begins to grow. Initially the new hair will be very fine, but as the hair grows it will become similar to the hair texture and color in the donor area (the area where the hair was taken). Within 6 months post-op, you will have hair long enough to style and comb.
- Avoid direct sunlight that could cause sunburn for at least 3 months.

### **CALL THE OFFICE IF ANY OF THE FOLLOWING OCCUR**

- Temperature elevations
- Sudden swelling or discoloration
- Excessive bleeding
- Discoloration of wound edges or any other evidence of infection
- Development of any drug reaction

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