



Lam Facial Plastics Surgery Center

After Eyebrow Hair Transplant Instructions

General

- The medication used during your surgery may still affect you for 24 hours following surgery causing sleepiness, dizziness, disorientation, nausea, vomiting, or skin discoloration of the treated area. If you should feel any of these symptoms, we recommend an adult companion to remain with you for 24 hours.
- Drink plenty of clear fluids.
- Report any of the following to Dr. Lam:
 - Postoperative nausea or vomiting that is not controlled by anti-nausea medication
 - Pain that is unrelieved after taking the maximum dosage of your pain medication
 - Bleeding from surgical site that will not stop with gentle pressure applied for 5-10 minutes
 - A fever above 100.4 degrees within 7 days after your surgery
 - Signs of infection at the surgery site, such as increased redness, swelling or pain, yellow/green discharge, or site feeling warm to touch
 - A rash and/or itching anywhere on the body
 - Unable to pass urine within 8 hours of discharge and/or No bowel movement by end of day 3 following surgery
- **Call 911 for any swelling of the mouth, lips, or tongue that is making breathing difficult.**

Post-Surgical Medications

- **Pain medication:** (optional) as needed, you may alternate prescription medication, Ibuprofen or Tylenol according to label instructions to optimize pain control.
- **Anti-swelling /Medrol Dose Pack:** take as directed starting the morning **after** your procedure
- **Vitamin D 2000 units daily:** (optional) this is over the counter and helps reduce scarring.
- **ATP solution:** (provided on the day of the surgery) starting immediately after the surgery, spray on grafted area every hour while awake for the first 24 hours; and, thereafter, spray as frequent as possible until all solution is gone.
- **SurgiHEAL spray:** (provided on the day of the surgery) starting the day after, apply to the donor and recipient area in the morning and evening. Use clean hands.

Immediately After Leaving the Office: _____

- **DO NOT DRIVE**
- There are no dietary restrictions but you may begin eating light and return to normal diet as tolerated. Always take your prescribed medication with a snack or meal to prevent nausea. **Do not drink alcohol or take aspirin for 48 hours after your procedure or for as long as you are taking prescription pain medication.**
- Sleep with your head elevated using two pillows for 2-3 days. Use a travel pillow for comfort. We expect some oozing from the donor area on the back of your head. We recommend that you protect your pillow with a dark towel.
- Start spraying grafted area with ATP solution every hour while awake.
- Do not touch or wash your transplanted area for 24 hours.
- Call the office if you have any problems or questions.

Day 1: _____

- Follow up in office with Dr. Lam. If you will be wearing a hat, please make sure it fits loosely so it is not rubbing on the transplanted area and does not fit too tightly around the forehead. Make sure the hat is clean or purchase a new hat for wearing post procedure.
- Take all your medication as prescribed. Remember to start your anti-swelling medication.
- Spray the recipient area/hair grafts (NOT the donor area in the back) with ATP every hour while awake. Thereafter, continue spraying during day as often until all solution is gone.
- Remember to limit your activities for the day.
- You may wash your hair but **wait until the evening**. Wash your hair gently, using regular shampoo and regular shower pressure. Dab your hair with a towel and finger comb your hair. You may use blow dryer.
- You may wash your eyebrows using your regular soap with a gentle hand motion **always in the direction of hair growth**. Dab your eyebrows with a towel (avoid rubbing). Due to scabs and healing, your eyebrows may look very dark.

Day 2 – 3: _____

- Take all your medication as prescribed. Continue with ATP spray. Wash your hair daily as instructed above. Continue sleeping with your head slightly elevated using two pillows.
- Apply SurgiHEAL spray to your donor and recipient area in the morning and the evening. Make sure your hands are clean.
- Resume light physical activities, light jogging, and light weightlifting for a week. **Avoid pools and saunas for 2 months.**
- You may start to notice swelling around your eyes. You may apply cool pack on your eyes and/or suture line in 20 minutes intervals. Do NOT apply ice directly to grafts.

Day 4 – 7: _____

- You may start using hair products and brushing your hair but must be careful not to “catch” the scabs or stitches.
- Itching is a normal part of healing. Besides using it at twice a day, you may apply SurgiHEAL to your scabs during the day.

Day 8 – 21: _____

- Resume normal physical activities.
- Resume normal hair-washing routine. If you still have scabs in the donor/recipient area, stay longer under the shower, use conditioner and massage the scabbed area vigorously. Repeat this process for a few days until all scabs are gone.
- Resume using your treatment(s) such as formula 82F, 82M, Minoxidil and/or low laser therapy hat.
- We will see you in the office and remove your stitches if applicable.
- Hair can be cut or colored after suture are removed or 2 weeks after your procedure if FUE donor harvesting was performed.

A slight redness or discoloration of the treated area is normal and it may persist for several weeks or months. You may have areas of numbness in the donor and/or recipient areas. This is normal, and the sensitivity should come back within several weeks to several months.

Remember your transplanted hairs would fall out within 2-8 weeks. During the same period, you can have some temporary post-operative shedding in the recipient/donor area. These hairs grow back in 3-4 months. If you should have any “pimple-like bumps” on your recipient/donor area, apply antibiotic ointment for 2-3 days. If the bumps persist, call our office.

Don't take chances. If you have any questions or concerns, call our office at 972-312-8188.

Patient: _____ Date/Time: _____

Witness: _____ Date/Time: _____