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Post Operative Instructions

AFTER SURGERY

DO NOT TOUCH YOUR HEAD FOR 48 HOURS (2 DAYS) UNLESS OTHERWISE INSTRUCTED

- You have been provided with extra strength Tylenol. Take 2 tablets every 4 hours. If headache or discomfort occurs prior to the scheduled 4 hours, take 2 tablets immediately and continue to take every 4 hours thereafter. If you do not feel relief with Tylenol, take the prescription pain reliever. If you take the prescription pain reliever, **DO NOT** take Tylenol because the prescription pain reliever already contains Tylenol.
- To reduce swelling, it is important to sleep in a semi-sitting position. Either use 3-4 pillows or a recliner (45 degrees from the waist up). Do this for the first 3-4 nights.
- When you get home, it is very important to use ICE. Ice every 20-30 minutes on and off, placing ice directly on the forehead. **DO NOT PLACE ICE ON TOP OF GRAFTS.** Start icing today. You cannot over ice! Continue to ice for the next 3-4 days. Icing is to prevent swelling. If swelling does occur, it usually starts approximately the third or fourth day after surgery, and lasts approximately 3-4 days. The swelling will most likely begin on the forehead and drop down. In addition to using ice packs, the technique of using the fingertips to push the fluid outwards to the temples down helps to minimize swelling around the eye area.
- If you are given a bandana or protective head covering, it is imperative to take it off carefully when you get home. If you are given a bandage, you may cut it off with scissors in 2-3 hours. Avoid touching the grafted area when removing the bandage. Avoid touching the grafted area when removing the bandage.
- It is preferred that you do not touch the grafted area. If there is oozing or bleeding, this means more than likely you are moving around too much. If there is oozing from the donor site (the back of your head where the stitches are) you may rest the back of your head against your neck pillow to help subside bleeding. Sit still, keep your blood pressure down and the oozing or bleeding should subside. **DO NOT TOUCH YOUR GRAFTS** (top of your head). If bleeding persists after sitting still, call GreatHairTransplants at 954-567-5868 immediately.
- **The following day after your procedure you will begin spraying graftcyte. Use the GRAFTCYTE 2-3 times every hour while you are awake until the bottle is finished.** After spraying it may appear as if it is bleeding, this excess is a combination of dried blood with the solution. You may wipe the excess that drip but **DO NOT TOUCH YOUR GRAFTS.**
- No tobacco for the first 10 days after surgery or alcohol for the next 48 hours.
- No dietary restrictions (you may eat what you normally do)
- Be very cautious of your head. Keep your head up at all times. Be extra cautious of your head when getting in and out of a car. Bumping the grafted area may interfere with graft growth. No heavy lifting (above 15 pounds) for the next 7-10 days. No weightlifting until one day after suture removal. Walking is OK, but nothing more than a brisk walk.
- No Aspirin, or Aspirin products for 24 hours following surgery.

SUTURES

Your sutures need to be removed 10 days after the surgery. You may schedule with Great Hair Transplants for suture removal or go to your family physician or any walk-in center

SECOND SURGERY CASES

Your sutures need to be removed 12 days after the surgery. You may schedule with Great Hair Transplants for suture removal or go to your family physician or any walk-in center

CONCERNS

If you have any complications or concerns, call Dr. Bolton office immediately at 954-567-5868 or 954-649-5079



Shampoo & Graftcyte

SHAMPOO & GRAFTCYTE SPRAY INSTRUCTIONS

- Graftcyte is a copper peptide solution which helps to promote the healing of the grafted area.
- Graftcyte should be sprayed approximately every 20-30 minutes the following day after your procedure. (You do not have to wake up to spray Graftcyte)
- Graftcyte is to be sprayed liberally (5-7 sprays) on the grafted area approximately 3-5 inches from the scalp.
- **The bottle provided by GreatHairTransplants should last approximately 2-4 days** based on how aggressive you are spraying.



- Do not towel dry. Let the hair air dry, or dry it with a hair dryer on cool temperature. Do not use combs or brushes on the grafted area. The only time you should be touching your grafted area is when washing.
- When washing your hair, use a normal massaging motion using the pads of your fingertips. Sometimes the grafted area can be itchy, **but it is important NOT to scratch or make the grafted area bleed.**
- Keep your hands off of your head except when washing to avoid infection.
- As the days progress, you can start to apply more pressure when you are washing with the pads of your fingers.
- Do not pick, do not scratch. If you cause the area to bleed, you are being too aggressive!
- Use a separate moisturizing shampoo and separate moisturizing conditioner (Dove, Pantene, Fructis etc.)
- Do not brush or comb your hair unless the hair is wet, otherwise the grafts could be dried to the hair and you could damage the grafts.
- All crusts should be gone within a two week period following surgery. If crusts are not going away by day seven, start soaking in warm water under the shower twice daily until crusts are gone. **Please call the office if crusts are not going away after two weeks.** Limit the use of all hair care products until all of the scabs and crusts are gone.
- You may get a haircut once all of the scabs and crusts are gone and the stitches are out.

TENDERNESS

You may experience tenderness in the donor area. This is normal the tenderness goes away soon after the sutures have been removed 10 days after surgery.

REGULAR SHAMPOOING

You can go back to your regular shampoo routine when all crusts are gone. It is normal to see a secondary flakiness after crusts are gone.

GRAFTS

DO NOT touch your head for 48 hours. You do not want any pressure or irritation to occur on top of the grafts.



Post Operative Follow Up

MAXIMIZE GROWTH

For optimal results and quicker growth of your newly transplanted hair, GreatHairTransplants advises the following protocol :

SUTURES

- **Your sutures need to be removed in _____ DAYS _____ or after.** You may schedule with Great Hair Transplants for suture removal or go to your family physician on any walk-in center. Suture removal not done by Dr. Bolton WILL NOT affect your hair transplant or results.
- 2% Rogaine (Minoxidil) is to be started once all of the crusts and scabs are gone (which is usually 10-14 days after your procedure). Discontinue immediately if you experience heart palpitations or changes in blood pressure.
- Apply the 2% 2x daily for 30 days.

If there is no reaction, meaning that you do not have any unusual redness, a large amount of ingrown hairs, or flaky skin, you may increase the dosage to the 5% and continue the following regiment for an additional 5 months. However, you can continue to use indefinitely if you choose to.

Follow Up

UNLIMITED AFTER CARE

Your follow up appointments are important to us. Out of state patients are welcomed to schedule virtual follow ups via photo's, Skype or Facetime. Our in state patients are welcomed to our office. We pride ourselves in keeping contact with all of our patients to ensure your results, satisfaction and needs. Our follow up appointments generally take place during the ;

- 4 MONTH
- 1 YEAR

We strive to achieve the very highest standards of ethics and integrity in performing services for our patients. If you have any questions, please do not hesitate to call us at any time.

GreatHairTransplants
2715 E Oakland Park Boulevard Suite 200
Fort Lauderdale, FL 33306
TEL | 954-567-5868

If you have any questions or concerns after your procedure at any time please call our Patient Advisor
Josh Engoren 954-649-5079

THE HEALING PROCESS

On our website we have an endless number of examples documented through photos and videos. You can view them at our website www.greathairtransplants.com

GROWTH PROCESS

The growth process can take up to one full year to see the maximum results from the procedure. Most patients begin to see extensive growth between 4-6 months.

WANT ANOTHER PROCEDURE

Dr. Bolton advises patients to wait a minimum of 8 months to consider a second procedure. Please call 954- 649-5079 for more information.



Preventive Treatments

FDA APPROVED

Great Hair Transplants recommends all 3 of the **FDA approved** preventative treatment products that are on the market today. These are Propecia, Rogaine and the laser comb. All 3 products work differently and effectively. These are the best current products out on the market to help prevent future hair loss. These products are not meant to grow your hair back. Once your hair is gone, it is gone. If however, you are able to catch the hair in the early miniaturization phase, you very well may be able to help revive that miniaturized hair back to its normal state. Do not count on this. This is just a bonus if you get it. **You can use all 3 products for optimal results.** If you decide to only use one, it should be Propecia, because it is the most effective and cost efficient, and easiest to take. It is a pill taken once a day. Propecia is not FDA approved for females.

A hair saved is a hair that does not have to be transplanted. **It is to your advantage to hold onto as much of your own hair as possible.** The more of your own natural hair you keep, the less we have to do for you! This is going to save you time, money and aggravation. It is to your advantage to do your part to hold onto your own existing hair. That is why these products are so important!

You are on these products to prevent future hair loss, not to grow your hair. GHT has patients that come in all the time and tell us they are using these products and they just don't see any benefits, so they just discontinue their usage. GHT's answer is always the same, " This is what we're looking for. We are looking for maintenance of the existing hair, we just want to lock in whatever we can because the more hair you keep the less hair we have to restore for you." If you stop using any of the FDA approved preventative hair care treatments you will lose any and all of the benefits you have attained thus far.

For example, a 35 year-old man starts using Rogaine or a laser comb, or Propecia consistently. He decides at 45 to stop using the preventative treatments. Genetically he was programmed to lose his hair at 40. If you were genetically preprogrammed to go bald at 40, once you stop using it at 45, you will go right back to where you genetically would have been at 40. You are using these products to help prevent future hair loss. Even if you use all 3 products you can still lose your hair, if you are genetically preprogrammed to lose your hair outside of the area where the medications are able to help you. **Everybody is different and will respond differently to these products.** Remember, the more options you choose, the better your chances to help maintain your existing hair.

EXERCISE

Dr. Bolton advises no heavy lifting (above 15 pounds) for the next 7-10 days. No weightlifting until one day after suture removal. Walking is OK, but nothing more than a brisk walk.

DIET & SUPPLEMENTS

No dietary restrictions are necessary pre or post operative. You may begin taking multivitamins, vitamin e, protein bars 7-10 days after your surgery.

PROPECIA

Based on a photographic assessment by an expert panel of dermatologists following 5 years of clinical studies. Most men in the clinical studies saw results 3 to 12 months after starting PROPECIA.



Treatment Info

OPTIMAL RESULTS

Propecia (Finasteride): Propecia works by keeping the testosterone in your body from converting into DHT. DHT causes a mucous secretion called sebum to build up on the surface of the scalp. This sebum build up will then miniaturize the hair follicle and then will eventually keep the hair from making its way through the surface of the skin. The body will eventually treat the hair follicle as a foreign substance and destroy it. Propecia helps prevent this conversion from taking place helping you to maintain more of your existing hair.

How to take Propecia: New users start off with 1 tablet every other day for the first month. As long as there are no side effects you are to take one pill a day thereafter. Less than 2% of patients will experience a decreased sexual libido. Half of those patients will regain it within 6 months as long as they stay on the medication. The other half will regain their libido once they discontinue the medication. Please contact GHT if you experience any side effects attributed from Propecia.

Rogaine (Minoxidil) : Rogaine is now generic and the key ingredient you are looking for is Minoxidil. Minoxidil is a vasodilator. Minoxidil will help to open up the blood vessels on your scalp. This will then bring more oxygen, minerals and nutrients to the area of your scalp susceptible to genetic hair loss. This in turn will help to create a healthy environment for the hairs to grow.

How to use Rogaine : It comes in 2 formulations, 2% or 5%. It is best to start with the 2% to ensure you don't have any reaction to the medication. If you are starting Rogaine for the very first time you will need to consult with your primary care physician if you have high blood pressure or heart disease. First time users will start off with the 2% Rogaine. Rogaine comes as either a spray or in liquid form that you can just pour on with a droplet (eye drop). We recommend that you use the spray. You will start off using the 2% minoxidil for one month. You apply it 2 times a day, once in the morning, after your shower or if you're not showering, just apply in the morning. In the evening before you go to bed, you will apply it again. It is extremely important to be consistent with using this product and any other preventative hair care products. If there is no reaction, meaning that you don't have any unusual redness, large amounts of ingrown hairs, or flaky skin, you may increase the dosage to the 5% and continue the following the regiment indefinitely.

Laser Comb: The laser comb is beneficial in helping to maintain your existing hair. The laser combs works by stimulating the blood flow and bringing more oxygen, minerals and nutrients to the area of your scalp susceptible to genetic hair loss. This in turn will help to create a healthy environment for the hairs to grow. The laser comb is a wonderful adjunct in helping to prevent future hair loss.

How to use the laser comb: The laser comb needs to be used a minimum of three times a week for at least 20-30 minutes at a time. Each laser comb is different and will have different directions for use. Please follow the directions of your particular laser comb closely.

TREATMENTS

All three treatments can be taken for as long as you want to keep as much as possible of your existing hair.

CHOOSING ONE

If you choose, however to only use one treatment Dr. Bolton advises Propecia is your best option.

DID YOU KNOW?

Most hair loss in men is inherited: It can come from mom, dad, or both parents.



Questions

POST OPERATIVE QUESTIONS

Q: Will my scalp be tender initially?

A: Yes, most likely your scalp will be tender initially. It is generally more tender in the donor area than it is in the recipient area. The tenderness goes away. Everyone is different, but most patients report that the tenderness goes away soon after the sutures have been removed.

Q: I have swelling around my eyes and forehead, should I be concerned?

A: Swelling occurs in many patients after the surgery and it is a normal side effect from the surgery. If you do experience swelling, use ice and the finger massage technique that is described on your post operative instruction sheet. Most often, if a patient experiences swelling, it is on the third day after the surgery, and the swelling lasts for approximately 3-4 days.

Q: If my scalp is pink or discolored, is there something wrong?

A: Not necessarily. If your scalp is pink or red after surgery, with no signs of infection, then the discoloration is normal. It takes time to return to its normal color. Everyone is different. Some patients may see the scalp return to its normal color within a few days, while others may see a gradual improvement over a few months.

Q: How do I know if my scalp is infected?

A: The most obvious signs of infection are redness, inflammation (swelling) and pus pockets. The area may feel very warm to the touch compared to other areas of the scalp. In rare cases, if the scalp does not heal properly an area of necrosis occurs. This is VERY RARE, and if this does happen, it will require some attention. Smoking increases the chances of necrosis. If you have a deep scab that is slow to heal, contact GHT right away.

Q: My scalp is numb. Is something wrong?

A: Numbness is normal after surgery, especially in the transplanted area. The feeling will return gradually over the coming weeks and sometimes it takes several months before returning to normal.

Q: When do I start to be more aggressive washing my hair to get the crusts off, and what if they aren't all off by DAY 14?

A: After approximately 7 days, apply more pressure when using your fingertips. It is important to begin to touch your scalp and stimulate blood flow to the area. If the crusts are not off by day 14, contact the office. Using Vitamin E oil and washing twice a day help soften the crusts. If the crusts start to bleed when you are getting them off, they are not ready.

Q: When can I go back to normal shampooing routines?

A: You can go back to your regular shampoo routine when all crusts are gone. It is normal to see a secondary flakiness in the transplanted area once the heavier crusts are gone.

Q: When can I swim and can I sun tan?

A: Swimming in a chlorinated pool should be avoided until all crusts are gone, approximately 14 days; however, swimming in salt- water can be helpful in the healing process, so it is OK to swim in salt water while you are healing. Sun tanning is not recommended for your scalp. Sun on your scalp, including tanning beds, should be avoided until the grafts grow. Use a cap or protection while out in the sun.

Q: Is it normal for my scalp to itch?

A: It is normal for the scalp to itch after the surgery and over the coming months while the transplanted hairs are growing in. If the itching becomes unbearable or is accompanied with flaking or a rash, contact GHT.

TRANSPLANTED HAIR

Transplanted hair is permanent. It lasts a lifetime. It is immune to the hormone DHT.

YEARS LATER

Dr. Brett Bolton prides himself on documentation of patient results. If your interested in seeing a patients results 5 years later visit www.greathairtransplants.com/patients/p20.php

MINOXIDIL & ROGAINE

Dr. Bolton advises patients to wait 3 weeks minimum before using Minoxidil or Rogaine again to minimize any bleeding.