

PRE-OPERATIVE INSTRUCTIONS FOR HAIR TRANSPLANT TO THE EYEBROWS

BEFORE YOUR PROCEDURE:

- *3 Weeks Prior* - Plan for a ride to and from the facility since you will take Valium prior to arrival and there is the option for PRONOX (laughing gas) at the time of procedure. Purchase the items from your 'Recommended Shopping List.'
- *2 Weeks Prior* - AVOID blood thinning agents such as Aspirin, Vitamin E, multi-vitamin, Ibuprofen, Naproxen, Voltaren, Fish Oil, and/or Essential Fatty Acids and other anti-inflammatory medications. Please take Tylenol for any pain or discomfort.
- *7 Days Prior* - Avoid drinking alcohol, smoking, and do not get sunburn. You can begin taking Vitamin C (3000 mg a day) 1 week prior and 1 week after your procedure to aid in healing.
- **FUE METHOD ONLY.** The donor area (back of the head) will need to be shaved to a zero the day of surgery, while the rest of the hair can remain regular length.
 - *Male patients the area on the back of the head is shaved and a higher fade is typically given.*
 - *Female patients a small area can be shaved to allow your surrounding hair to cover the area after surgery to be more discreet.*
- To avoid excessive bleeding **DO NOT** exercise the night before or morning of your procedure. You may resume strenuous exercise after 14 days once grafts have established blood supply.

DAY OF YOUR PROCEDURE:

- Wash your hair in the morning of your procedure with your regular shampoo.
- Wear loose-fitting clothing, a button-up shirt is always preferred. If you wish to wear a shirt under your gown, be advised that it will get dirty during the procedure.
- **Eat a large breakfast and hydrate** (proteins and carbs). The lack of calories can lead to more pain and bleeding during your procedure. **DO NOT** drink any caffeine. An increased heart rate can lead to more bleeding during the procedure. Routine prescribed medicines (e.g., blood pressure) should be taken as well.
- Take your first dose of antibiotics (Keflex) and Valium 30min before the procedure.
- Be prepared to remove contact lenses before your procedure if you normally remove them to sleep. Bring your contact lens case, solution, and glasses.
- Bring a picture of what you are wanting to achieve for eyebrow shape.

POST-OPERATIVE INSTRUCTIONS FOR HAIR TRANSPLANT FOR THE EYEBROWS

AFTER YOUR PROCEDURE:

- Eye swelling in the first week is normal. The prescribed Medrol Dose Pak will also help alleviate swelling.



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- Sleep elevated on several pillows or in a recliner chair to help decrease swelling. The longer you sleep elevated, the faster your swelling will decrease. (an Airplane pillow will be given to you day of procedure to help stay a little elevated while sleeping)
- Avoid exercise for one week after your procedure.
- Light oozing/bleeding from donor area (back of the head) for the first 24 hours is normal. Apply light pressure with a clean damp cloth or gauze for 10 seconds on and 10 seconds off until the bleeding stops.
- Clean the donor area (back of the head) with hydrogen peroxide and water (50/50 dilution) then apply an antibiotic ointment (Bacitracin or Neosporin) twice per day.
- Lightly mist the recipient area (newly transplanted area) with saline spray (this is given to you in a spray bottle the day of surgery) every hour while awake for the first 5-7 days after surgery. You do **NOT** have to wake up in the middle of the night to do this.
- After 24 hours, you can gently clean the recipient area. We recommend filling a large cup with warm (**NOT HOT**) water and mixing in small amount of Johnson & Johnson Baby Shampoo to make a soupy dilution. Pour this mixture over eyebrows, then gently rinse with clean water. **DO NOT TOUCH THE RECIPIENT AREAS WITH YOUR FINGERS** as this may cause the grafts to come out.
- You may shower your body normally, but **NO DIRECT** water pressure to the eyebrow's. This may cause your grafts to dislodge especially during the first 5 days following surgery. After 2 weeks, you may shower normally, letting the water hit your entire face. At this point, any remaining scabs can be gently massaged off. Stop massaging if there is any pain or bleeding.

WHAT TO EXPECT:

- Excessive swelling in the brow and eye area is normal. This usually resolves within the first week of recovery.
- Most of the transplanted hairs may fall out after 2 weeks. In as soon as 2 – 3 months, new hair shafts will begin to grow in a natural fashion and continue to grow at the normal rate of one half to 1 inch a month. You will need to trim and train the hair as it starts coming in. Please be patient and do not compare your recovery process with anyone. Everyone heals differently.
- Some numbness at the graft and donor sites is normal. It can take several weeks, occasionally several months to resolve.
- You may have your hair cut as soon as 3 weeks after the procedure. Hair coloring is permitted 2 weeks after your procedure.
- You may pencil in your brows after 3 weeks.
- For 6 months following surgery, the donor and transplanted areas are sensitive to sun. Reapply sunscreen often or wear a hat to avoid hypopigmentation to the area.

EMERGENCY SITUATIONS – WHEN TO CALL THE OFFICE OR GO TO THE HOSPITAL

- *Signs of Infection.* Spreading redness, worsening swelling, increased drainage or drainage of pus, worsening pain, warmth at incision site and temperature over 101°F.
- *Excessive Bleeding.* If the dressings are saturated with bright red blood and you are having to make very frequent dressing changes.
- *Other Emergency Situations.* Shortness of breath or difficulty breathing, chest pain, lightheadedness that does not quickly resolve, severe vomiting, pain, or asymmetric swelling in your legs.



Utah Facial Plastics After Hours Answering Service – (801)299-7660

APPOINTMENT	DATE / TIME	LOCATION	STAFF/PROVIDER
Surgery			
2 Week Follow-up			
6 Month Follow-up			
1 Year Follow-up			