

## Hair Transplant Instructions

	Diet	Activities	Hair Care	Medications/Supplements	Special
Before Your Hair Transplant	<ul style="list-style-type: none"> <li>▪ For 3 weeks, avoid excessive green leafy vegetables and eating too many nuts.</li> <li>▪ For <b>1 week, no alcohol</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ For <b>1 week, no cardio or weights</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Stop Minoxidil 1 week</b> before</li> <li>▪ Keep using Propecia/Proscar</li> <li>▪ <b>Wash your hair</b> the night before</li> </ul>	<ul style="list-style-type: none"> <li>▪ For <b>3 weeks</b>, avoid <b>Vitamin E, multi-vitamins, and herbal medications</b></li> <li>▪ Take all usual medications unless told otherwise by Dr. Simmons</li> <li>▪ <b>1 week</b> before, stop <b>Aspirin, Advil, Motrin</b>, or other anti-inflammatories.</li> <li>▪ Tylenol is OK</li> </ul>	<ul style="list-style-type: none"> <li>▪ 6 weeks before, start scalp stretching exercises (if advised)</li> <li>▪ 3 weeks before, do lab tests</li> <li>▪ 2 weeks before, pay balance and arrange transportation</li> <li>▪ Get a travel pillow</li> <li>▪ Arrange to be picked up. Your driver should call at 2 pm on your hair transplant day to confirm the time but must be available to be here by 5 pm.</li> </ul>
Your hair transplant day (Day 0)	<ul style="list-style-type: none"> <li>▪ Eat breakfast.</li> <li>▪ We will provide lunch</li> <li>▪ No alcohol today</li> </ul>	<ul style="list-style-type: none"> <li>▪ Rest and sleep with your <b>head elevated 30</b> degrees</li> <li>▪ Apply <b>ice</b> to your forehead 10 minutes out of every waking hour after you get home</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Wash your hair</b> in the am and style it without using hair products</li> <li>▪ Take Propecia/Proscar</li> <li>▪ No Minoxidil</li> <li>▪ <b>Do not touch</b> the grafted area today or get it wet</li> </ul>	<ul style="list-style-type: none"> <li>▪ Take 1-2 <b>Percocet</b> every 4 hours with food, as needed for pain.</li> <li>▪ Take <b>Gravol</b> every 6 hours as needed for nausea.</li> <li>▪ Take <b>Restoril</b> before bed to help sleep.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Bring DVDs, CDs, ipod, or MP3 player if you wish</li> <li>▪ Bring a <b>shirt</b> that can be removed without touching your head – full <b>buttons</b> or <b>zipper</b></li> <li>▪ Bring a <b>firm hat</b> that won't touch the top of your head – eg. baseball/trucker hat</li> <li>▪ Your <b>driver</b> must be available from 5 pm on and should <b>call</b> 647-273-7414 <b>at 2 pm</b></li> </ul>
Day 1	<ul style="list-style-type: none"> <li>▪ Usual diet</li> </ul>	<ul style="list-style-type: none"> <li>▪ Rest and sleep with your <b>head elevated 30</b> degrees</li> <li>▪ <b>Rest</b> as much as possible today</li> <li>▪ You can walk your dog</li> <li>▪ Apply <b>ice</b> to your forehead 4 times today</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Do not touch</b> the grafted area today or get it wet</li> <li>▪ Remove your <b>dressing</b></li> <li>▪ <b>Wash the sutured area</b> in the bath with shampoo</li> <li>▪ Apply <b>ointment</b> to the sutured area</li> <li>▪ Take Propecia/Proscar</li> <li>▪ <b>No Minoxidil</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ Take <b>Prednisone</b> with breakfast unless you have stomach pain or Dr. Simmons said otherwise</li> <li>▪ Take Percocet, Gravol, and Restoril as needed</li> </ul>	<ul style="list-style-type: none"> <li>▪</li> </ul>

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	Activities	Hair Care	Medications/Supplements
Day 2	<ul style="list-style-type: none"> <li>▪ <b>Light activities</b></li> <li>▪ Sleep with your <b>head elevated</b> 30 degrees</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Do not touch the grafted area</b> today or get it wet</li> <li>▪ <b>Wash the sutured area</b> in the bath with shampoo</li> <li>▪ Apply <b>ointment</b> to the sutured area</li> <li>▪ Take Propecia/Proscar</li> <li>▪ <b>No Minoxidil</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ Take <b>Prednisone</b> with breakfast unless you have stomach pain or Dr. Simmons said otherwise</li> <li>▪ Take Percocet, Gravol, and Restoril as needed</li> <li>▪ You can resume herbals, supplements, and Vitamins</li> </ul>
Days 3 and 4	<ul style="list-style-type: none"> <li>▪ Light activities</li> <li>▪ <b>Sleep Normally</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ You can <b>soak your whole head</b> in the bathtub 1-3 times per day but <b>don't wash or rub the grafted area</b></li> <li>▪ Let your hair <b>air dry</b></li> <li>▪ Wash the <b>sutured area</b> in the tub with shampoo</li> <li>▪ Apply <b>ointment</b> to the sutured area daily</li> <li>▪ Take Propecia/Proscar</li> <li>▪ <b>Apply Minoxidil</b> twice daily but don't rub it in</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>On Day 3</b> take your last <b>Prednisone</b> with breakfast</li> <li>▪ You can still take Percocet if needed but might try Advil, Motrin, or Tylenol instead</li> <li>▪ Stop using sleeping tablets</li> </ul>
Days 5 and 6	<ul style="list-style-type: none"> <li>▪ You can do <b>cardio</b> exercise</li> <li>▪ You can swim but don't dive</li> <li>▪ <b>No weights or contact sports</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Wash your hair gently in the bath</b> 1-2 times per day</li> <li>▪ Pour shampoo and water from a cup onto a non-transplanted area and let it flow over the transplanted area</li> <li>▪ Rub very gently in small circles</li> <li>▪ Rinse by pouring water on a non-transplanted area</li> <li>▪ Apply <b>ointment</b> to the sutured area daily</li> <li>▪ Take Propecia/Proscar</li> <li>▪ <b>Apply Minoxidil</b> twice daily and rub it in gently</li> </ul>	<ul style="list-style-type: none"> <li>▪ Usual Medications</li> </ul>
Days 7 to 9	<ul style="list-style-type: none"> <li>▪ You can do <b>cardio</b> exercise</li> <li>▪ You can swim but don't dive</li> <li>▪ <b>No weights or contact sports</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ You can <b>shower but don't let the jets hit your grafts</b> directly. Rub shampoo gently in small circles in the grafted area and then rinse with water that flows onto the grafted area.</li> <li>▪ Use <b>Conditioner</b> the same way</li> <li>▪ Apply <b>ointment</b> to the sutured area daily</li> <li>▪ Let your hair <b>air dry</b></li> <li>▪ Take Propecia/Proscar</li> <li>▪ Rub Minoxidil in gently twice daily</li> <li>▪ <b>On Day 9 evening</b>, shower then rub <b>baby oil or ointment</b> into your grafted area and leave it in <b>overnight</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ Usual Medications</li> </ul>

Day 8 to 13 (most often 10)

Suture Removal

	Activities	Hair Care
Days 10 to 13	<ul style="list-style-type: none"> <li>▪ You can do <b>cardio</b> exercise</li> <li>▪ You can swim and dive</li> <li>▪ <b>No weights or contact sports</b></li> </ul>	<ul style="list-style-type: none"> <li>▪ You can <b>shower normally</b></li> <li>▪ <b>Rub the remaining crusts off firmly</b> in the shower but <b>don't pick</b> them</li> <li>▪ Apply <b>baby oil or ointment</b> to the grafted area when the skin is still wet and leave it in</li> <li>▪ You can shower every 3 hours as needed until the crusts are all off</li> <li>▪ You can use all <b>hair products</b></li> <li>▪ You can use a <b>hair dryer</b></li> <li>▪ Take Propecia/Proscar</li> <li>▪ Use Minoxidil twice daily</li> </ul>
Days 14 to 27	<ul style="list-style-type: none"> <li>▪ You can do almost <b>all activities</b></li> <li>▪ <b>Do not stretch or strain your scalp or neck</b> until 3 months after your hair transplant</li> </ul>	<ul style="list-style-type: none"> <li>▪ Usual hair care</li> <li>▪ <b>Don't cut or dye</b> your hair yet</li> <li>▪ Continue <b>Propecia/ Proscar</b> and <b>Minoxidil</b></li> </ul>
1 to 3 Months	<ul style="list-style-type: none"> <li>▪ You can do almost <b>all activities</b></li> <li>▪ <b>Do not stretch or strain your scalp or neck</b> until 3 months after your hair transplant</li> </ul>	<ul style="list-style-type: none"> <li>▪ You can <b>cut and dye</b> your hair</li> <li>▪ Hair stylist should <b>look before cutting</b> so your hair hides the donor scar</li> <li>▪ Continue <b>Propecia/ Proscar</b> and <b>Minoxidil</b></li> </ul>

You will likely shed almost all of the transplanted stubble in the first 2 – 6 weeks after your hair transplant and won't see new hair until about 4 months after your hair transplant. You will not see daily improvement but will see big monthly changes until about 8 months then subtle changes from then until 1 year after your hair transplant. It is best to leave your hair a bit longer than usual to get the most out of your new hair.

Your donor scar will be pink for 6 months and you may get some pimples in the donor area for the first 6-9 months. The hair is trimmed above and below the incision and you may get some shedding of hair around your incision. You should always ask your hair stylist to look at the scar first and to avoid cutting your hair too short.

In the first few months you may experience pinkness, pimples, shock loss, numbness, or itchiness but won't experience all of them. There are ways to cope with each of these concerns and you should contact Dr. Simmons if you are having difficulties.

We will call you for follow-up appointments or emails at:

- 1 month to look for and remedy nuisance side effects
- 5 months to check for early but incomplete results
- 8 months to show you how you have improved
- 12 months to check your final results

Please call us at **416-924-2482** with any concerns. If you have urgent concerns you can reach Dr. Simmons after hours at **647-273-7414**. You can email [info@chtc.ca](mailto:info@chtc.ca) but phone calls will be answered more promptly.