Follicular Unit Extraction (FUE) Procedure

Pre-op Instructions

Before the Procedure
- Wash your hair the day before your procedure with Hibiclens and your regular shampoo, in a 50/50 ratio, let sit for a minute and then rinse out. Do not wash your hair the day of the procedure.
- Eat a good breakfast.
- Wear a button down shirt or something easily removable
- Please arrive at the office at the scheduled time. You must have a ride that can drop you off at our office and pick you up following your procedure.
- Medications will be given to you, including an antibiotic and a sedative.
- Complete your medical questionnaire and sign your consent forms before the surgery begins. This will be provided to you upon your arrival to our office.
- Please review and follow the recommendations for foods and herbal supplements that should be avoided prior to surgery as they contain aspirin-like (blood thinning) qualities and can complicate the procedure.
- Pre-operative photos will be taken for your chart only unless other arrangements have been made.
- Please consider what hairstyle you will wear for your procedure. The donor site will need to be shaven down to skin level. A short haircut will allow others to see you have had surgery vs. a long haircut will enable us to comb over your hair and camouflage the donor site to a certain degree.
- Please feel free to ask as many questions as you like. We want you to be well informed!
- Smoking is strongly discouraged as this will delay your wound healing time.

During the Procedure
- You may bring your own books or music; however we have movies for your viewing and enjoyment.
- At any time during the procedure you may use the restroom.
- We will break for lunch if your procedure is scheduled for several hours.
- Friends and family are not allowed in the surgery room when the procedure is being done, however they will be allowed to visit and check on your progress. By having others in a surgery suite lends to a non-sterile environment and is not encouraged by OSHA and JCAHO.

Post-op Instructions

1. Alcoholic beverages, ibuprofen (Advil/Motrin) and aspirin are not to be taken for 48 hours after your procedure. We will provide you with prescription strength medication.
2. Sleep in semi-upright (45 degree) position for the first three nights after the procedure. This will help to control your swelling and minimize the degree of swelling that will affect your forehead/brow region.
3. Remove the bandage 48 hours following your procedure. After the bandage is removed, you should apply bacitracin or Neosporin ointment over the donor site (back of the head where the bandage covered) twice each day for the next 3-4 days.

4. To minimize swelling on the forehead or around the eyes, apply an ice pack over the eyebrows for 15 minutes every hour, **not on the grafts**. If swelling occurs, it will appear on the second or third day after the procedure. The swelling is part of the normal healing process and will usually disappear within 5-7 days. Begin using ice packs immediately after the procedure and continue for the next 72 hours. Do not use hot compresses; this will only intensify the swelling.

5. Scabbing will form over the transplant sites and solidify the first few hours after the procedure. These scabs will naturally fall off within 2 weeks. Don’t be alarmed if there are short hairs in scabs when they fall off. The hair bulb is inside the scalp. It is natural to lose the hair shaft.

6. Do not wash your or touch your scalp for the first 48 hours after the procedure. After 48 hours, lightly wet the hair with a cup of warm water, then mix baby shampoo and warm water in a cup, and pour gently over your head, **DO NOT RUB, DO NOT SUBMERGE HEAD**. Rinse lightly with a few cups of warm water to rinse out the shampoo. For the first 5 days do not let the full strength of the streaming water of the shower hit your scalp; it could dislodge some of the grafts. It is recommended you wash your scalp daily for the first week, with the warm water and baby shampoo using a cup. By the end of the second week, the scabs should be mostly gone with the help of washing and massaging them off your scalp.

7. For the first week be careful of what kind of strenuous activity you perform. Weight lifting and intense workouts should not be done for 7 days. Most activities in the work place can be easily resumed a day or two after the procedure. **Please ask us if you have any questions or concerns.**

8. Be sure to take all medications provided for you as directed.

9. Do not use hydrogen peroxide on your scalp or other ointments unless instructed by Dr. Wise. This could affect the healing or success of the procedure.

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**Emergency Instructions**

You have had a hair transplantation procedure on your scalp. The procedure site can bleed some the first night after the procedure. If excessive bleeding occurs anywhere on the scalp and cannot be stopped by firm pressure and application of ice to the area for a period greater than 20 minutes, then you must call our office at 973.305.1400. When prompted, press 9, and leave an emergency message for Dr. Wise, who will return your call shortly.