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**Pre-Operative and Post-Operative Instructions  
Follicular Unit Extraction (FUE) Procedure**

**PRE-OP INSTRUCTIONS - *Before the Procedure***

1. 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.
2. Eat a good breakfast.
3. Wear a button down shirt or something easily removable.
4. 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. Driving yourself or taking a car service/taxi/Uber alone is not acceptable.
5. Medications will be given to you, including an antibiotic and a sedative.
6. 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. Examples of such products are aspirin, motrin, aleve, ibuprofen, and advil.
7. Pre-operative photos will be taken for your chart.
8. We typically shave down the donor site to skin level for the FUE procedure.
9. Please feel free to ask as many questions as you like. We want you to be well informed!
10. Smoking is strongly discouraged as this will delay your wound healing time and compromise hair graft take.

***During the Procedure***

- You may bring your own books or music; however we have movies and television for your viewing 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. Lunch is on us!
- 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 creates a non-sterile environment.



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## POST-OP INSTRUCTIONS - *After the Procedure*

1. Alcoholic beverages and blood-thinning medication are not to be taken for 48 hours after your procedure. We will provide you with prescription strength pain medication.
2. Sleep in semi-upright (45 degree) position for the first three nights after the procedure. This will help to control your swelling, particularly in the forehead/brow region. To avoid injury to your grafts, we recommend sleeping with a neck/airplane pillow for the first 5 nights.
3. Do NOT remove the bandage until 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. Do NOT apply antibiotic ointment to anywhere in the front or crown where grafts were placed.
4. Spray the ATPv solution that was provided to you the day of the procedure over the areas where the grafts were placed once an hour while you are awake. Use the mist setting, rather than the concentrated stream setting. This should last you around 48-72 hours. When the ATPv solution is completed, fill the same container with a salt-water spray (made by mixing 10 tablespoons of salt in a gallon of distilled water). Spray once an hour while awake as before. You may stop this 2 weeks following your procedure.
5. 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 7-10 days. Begin using ice packs immediately after the procedure and continue for the next 72 hours. If swelling persists (including around the eyes) after 3 days, apply warm compresses 15 minutes each hour until resolution of the swelling.
6. 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.
7. Do not wash your hair 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. This daily routine should continue throughout the first week following your procedure.
8. After day 7, you may take a normal shower with normal water pressure (no high pressure or "massage" setting). However, continue to use baby shampoo, and now follow the shampoo with baby conditioner. Gently rub the scalp with the pads of your fingers (no nails). This will help loosen the scabs. Continue this routine for another 2 weeks.
9. You may shower and wash your hair with no special instructions, materials, or restrictions after 3 weeks from your procedure date.
10. For the first week be careful of what kind of strenuous activity you perform. Weight lifting and intense workouts should not be done for at least 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.**



11. Be sure to take all medications provided for you as directed.
12. 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.
13. You may apply Toppik or other hair fiber products one week following the procedure.
14. You may dye/color your hair at one month following the procedure.
15. You may use Rogaine / minoxidil 2 weeks following the procedure.
16. You may cut your hair and/or apply styling product to your hair 2 weeks following the procedure.

**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. If the office is closed please call or text Dr. Wise on his cell phone 973-896-5556.