



FUE POST OP CARE

Dr. Woessner, Md

Shampooing

We offer a free first shampoo for our patients the next day. This is to check the area for any grafts that may have moved (a rare occurrence), however if the office is closed please wait for 24 hours for the first shampoo.

Shampooing needs to be performed differently for weeks 1 and 2, and should be performed at least once per day.

Week 1:

1. Do not allow the showerhead stream to hit the scalp. Do not take a bath or dunk your head in water. Take a cup with you instead, fill it, and lightly pour water over the grafted area.
2. Use a regular shampoo that is does not contain harsh chemicals, medicines, or a conditioner. A simple shampoo such as Suave will suffice.
3. Lather the shampoo in your hand and simply pat lightly onto the scalp. Do not rub or scratch the grafted area. Then take the cup and thoroughly rinse the grafted area.
4. Next make an additional lather and gently massage the donor area. It will be tender for the first wash. Rinse thoroughly.
5. Let the scalp air dry or pat lightly with a towel. If you use a hair dryer, then use the cool setting only.

Week 2:

1. At this point the grafts have fully adhered and it's time to be somewhat be more aggressive with the shampooing. You can now allow the shower head stream to hit the scalp.
2. Using the shampoo you can make a lather but this time instead of patting the shampoo you will now lightly massage the grafted area. Use circular motions and help to release the remaining scabs slowly over the next week.
3. The donor area can be scrubbed as normally.
4. Let the showerhead rinse the scalp.

Week 3 and Beyond:

That's it! It is now time to go back to your normal washing of your scalp. However, it is very important that you DO NOT "baby" the grafted area. Scrubbing normally will help the newly transplanted hairs to shed properly so that the new hairs begin to grow.

Other Pertinent Information

Exercise and Activity:

1. The grafted area is vulnerable for the first 3 to 5 days. So it is important to keep your physical activity to a minimum. Walking is fine, however there should not be any gym activity, sports, or cardio work outs. After the 5th day you can return to normal activity. Just be aware that you are still healing and rough regimen work outs or sports should be approached with caution that first entire week.
2. For the first few days after the surgery you should bend at your knees when you are picking up items or tying your shoes.
3. A common problem is bumping your head. Please be aware of your head in space as you walk about and especially when getting into a vehicle.

Sleeping and bleeding:

1. You will lightly bleed or ooze from the FUE extraction sites for approximately one night. You will be given two underpads to put on top of TWO pillows stacked on top of each other. Your head should be above the heart when resting and you should try to sleep on your back. The pads will collect the oozing and at the same time help to close the extraction holes.
2. On the recipient area you may have slight oozing however bleeding means that a graft has become loose. You will be given some gauze in case there is bleeding. Simply use the flat of your hand to hold light pressure with the gauze onto the spot of oozing for a few minutes. Do not use your fingers or too much pressure. This may cause the surrounding grafts to pop up.

Clothing and hats:

1. Do not wear knit hat stockings for the first week. These types of hats can stick to a graft and pull them out. Instead use a ball cap or a handkerchief dew rag. It is important to put the bill of the hat on the forehead first and then pull the back of the cap down. Do not let the cap rub against the grafts.
2. The usage of hard hats, helmets, or even hair systems is discouraged for the first two weeks. Hair systems in particular even after the first two weeks should be discouraged altogether as these systems can retard or alter the yield of a transplant.
3. For the first 3 to 4 days after surgery please use button down or zipper shirts instead of pull over shirts such as t-shirts. This is to decrease the chance of accidentally pulling out the grafts.

Folliculitis:

1. Folliculitis can occur within two time frames in FUE. Folliculitis is an ingrown hair that causes a pimple. In FUE, the possibility of folliculitis in the donor area is within the first two weeks. If there a couple of pimples then use a warm wash cloth and soak the pimples for a few minutes and do this a few times a day. If there are many pimples present then you will need to call the office because an antibiotic may need to be prescribed.
2. Folliculitis can also occur in the recipient area, but that may occur around the third month when the new hairs begin to grow. Again 1 or 2 pimples are ok and warm wash cloth soaks for a few minutes will help to relax the pimple. If there are many pimples present in the recipient area you will need to call the office because an antibiotic may need to be prescribed.

Swelling:

Swelling of the forehead may occur but it doesn't always occur nor can it be predicted. However, if it does occur it usually presents itself around the 72 hour mark. The swelling can potentially drain down into the face but it will be

gone in 3 to 4 days. To combat the swelling a cold compress should be used. Put an ice pack above the eye brows but not on the grafts for 15 minutes and at least 3 to 4 times per day. Start the cold compresses immediately after the surgery and for 3 days. If the swelling begins despite the cold compresses, it will not affect your growth of your grafts.

Sun Exposure/Swimming:

1. If you are going to be in direct sunlight for lengthy periods of time, please cover the grafts or use a sun block after 10 days of surgery and for the next 3 months.
2. You should not swim in pools, lakes, or the ocean for at least 10 days after surgery.

Alcohol and cigarette intake:

1. Avoid alcohol intake the night of the surgery because this could thin your blood and cause you to ooze. You can resume the next day.
2. Heavy cigarette smoking is discouraged because it could potentially impede healing and growth of the grafts. We encourage that you stopping smoking a month before your surgery and then for the first three months before resuming.

After Hours Questions:

If there are immediate concerns after your surgery, Thomas Ortiz can be available and will speak to Dr. Woessner. If Thomas is not available then you can call the office and the service will get in touch with Dr. Woessner.

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