



FUT PRE-SURGERY INSTRUCTIONS

Name: _____ Estimated # of grafts: _____ Quote: \$____/graft

Dr. Welden and his team are looking forward to your FUT hair surgery on _____! It is normal to feel a little nervous and have some questions about the surgery. Rest assured that it will be a pleasant experience in our state-of-the-art surgical suite.

The procedure will take the entire day. Please plan to arrive at _____ am on the day of the procedure. Bottled water, sparkling water, and lunch will be provided for you. Feel free to bring any other snacks. You should also bring earbuds to listen to music or podcasts on your iPhone or other device. Here are a few more details about your upcoming surgery.

1. One week before the procedure, you should stop taking any medication that could thin your blood. This includes aspirin, ibuprofen, Naprosyn, or any other NSAID. Tylenol is fine before the procedure.
2. Start taking Vitamin C 1000mg/day starting one week before the procedure.
3. Do not drink any alcohol within three days of the procedure.
4. On the night before the procedure, wash your hair.
5. Please bring any prescription medication that we have prescribed for you on the morning of the procedure. If we have prescribed Ativan or any other medication to help you relax, please pick this up prior to the day of the procedure and bring it with you on the morning of the procedure.
6. You can eat a normal light breakfast. Avoid too much caffeine on the day of the procedure as it can elevate your blood pressure causing excessive bleeding. A cup of coffee in the morning is fine.
7. Wear comfortable clothes on the day of the procedure. We will provide you with a scrub top during the procedure.
8. We will give you detailed instructions about what to do and expect after the procedure on the day of the procedure. You will need to return in approximately 14 days for suture removal.

Please call Alex with any other questions or concerns at **513-774-0400**.



POST-SURGERY INSTRUCTIONS

If you have any questions or concerns post-surgery you can contact the office or Dr. Welden's cell phone at
(513) 551-7108

1. It is important that you use the Graftcyte spray every 1-2 for the first 72 hours. You can spray on both the grafted area and sutured incision to help prevent crusting/scabbing.
2. You may wear a hat as long as it does not compress the grafts.
3. After 48 hours, you may gently wash your hair using low water pressure. Lather the shampoo in your hand before applying to your scalp. Rinse with a cup. Wash daily with a cup for the first 7 days. After 7 days, you can wash with normal water pressure. Make sure you also wash the sutured area to loosen any scab formation.
4. To decrease scabbing, use a moisturizing conditioner in the grafted and sutured area. Leave on for 3-5 minutes then rinse with warm water.
5. You may experience a little bit of discomfort after the hair transplant. Take Tylenol or Advil as needed.
6. It is not uncommon to have itching after hair transplant. If your scalp itches, take Benadryl at night. If the sutured site itches, you can use hydrocortisone cream.
7. Use ice pack on the forehead to decrease any swelling. It is normal for there to be forehead swelling that can sometime go as low as the eyebrows and even into the upper eyelids. You can also massage your forehead pushing the swelling to the sides. Swelling should subside after 4-6 days.
8. Do not rub the grafted area when drying the hair. Use very light pressure on the grafts during the first 7 days.
9. Expect there to be some scabs around the grafted hairs. Use of Graftcyte and moisturizing conditioner can reduce these. These scabs should fall off between 3-14 days after surgery. Do not pick at the scabs.
10. Do not bend over or lift anything for 72 hours to decrease chances of bleeding or graft popping.
11. Avoid strenuous exercising and physical activity for a week (walking and light exercises are ok)
12. Do not get into a pool for one week.
13. Avoid alcohol for 1 week following surgery to prevent any excessive bleeding.
14. Wear a hat if you are going to be out in the sun for the first 2-3 months
15. Typically, over half of the grafts will fall out in the first 4 weeks after surgery. This is called "shock loss" and should not be alarming as it is expected, and new hair follicles will replace the fallen out grafts in 3-5 months.
16. Now that we have transplanted hairs onto the recipient area, it is important to preserve the hairs that you already have. We recommended that you use finasteride, minoxidil, laser cap, and Nutrafol. We have given you some Nutrafol Shampoo along with a 90 day supply of Nutrafol Mens Hair Growth Formula. If you have the Laser Cap, start using on day 5 every other day for 30 minutes
17. The final result of the hair transplant should not be evaluated completely until 12 months after surgery since it can take that long for the hair follicles to reach maturity.

Come in for suture removal on _____