

Kiely Healthcare

Instructions for Patients After Hair Transplantation

Please read these instructions carefully and follow them closely. If you have any queries or need clarification on any of them please contact Dr. Kiely using the contact number given at the end of this document.

PHYSICAL CARE

Sleeping

Sleep in a semi-upright position for the first night. Elevation of your head lessens the chance of swelling or bleeding. Swelling can be detrimental to graft growth. The best solution is to sleep with at least three pillows to elevate your head. It is easy to slip off pillows at night so make sure to support yourself properly or ask your partner / carer to check on you regularly, to make sure you remain semi-upright for the first night. For the next 2 nights you may start sleeping with 2-3 pillows to elevate your head.

Physical activity

Totally avoid any physical activity for the first day. Avoid sexual intercourse for 1 week. Limit activity for one week. No swimming for 2 weeks. Do not lean over for three days after the procedure as this may promote bleeding. Stoop to pick up objects. **DO NOT BUMP YOUR HEAD.** Be especially careful getting in and out of your car. Do not do "sit ups" for approximately 1 month to prevent stretching of the scar in the posterior scalp.

Alcohol

Avoid alcohol for 3 days after the procedure.

Driving

You may feel drowsy after treatment, therefore please do not drive a car or operate a machine for 24 hours after treatment. If you are travelling home please arrange for someone to drive you.

At Home

If at all possible we recommend you arrange for someone to be at home with you for the first 24 hours after surgery. You may be quite tired following the procedure.

Shampooing

You may shampoo in a limited fashion starting 48 hours after your transplant. Take a plastic container into the shower and use it to pour water over your head several times. Then put a couple of capfuls of the shampoo, a pH balanced shampoo, into the bottom of the container. Add a slight amount of water to make a sudsy solution. Pour this over your scalp and leave it to settle for a 2 to 3 minutes. Do not attempt to work the shampoo into your scalp. Rinse the shampoo off while standing under a gentle shower (NOT a power shower) or use the plastic container to pour water over your scalp. To dry the area DAB your scalp with a clean, soft towel –do NOT wipe or rub your scalp. You may shampoo in this manner for the first seven days. After 7 days you may gently massage the hair in the grafted area and after 10 days you may resume normal shampooing.

Misting (Spraying)

When your operation is completed you will be given a sterile water spray bottle containing sterile water to use at home. Spray the front grafted (recipient) area every 15 minutes for the first evening. Continue misting every waking hour for the next 6 days as it facilitates separation of the crusts and graft healing. If you run out of sterile water refill the bottle with room temperature tap water. This simple task will make a huge difference in speeding up the separation of the crusts from the grafts.

Sutures (Stitches)

Sutures are dissolvable and do not need to be removed. Please do not touch the sutures.

Sun Exposure

We advise that you avoid exposing the grafted area to direct sunlight for the first 3 days. If you wish to go out in the sun please wear a baseball cap or a hat to avoid burning the scalp.

MEDICATIONS

Pain Medication

You will be given pain killers by the clinic, called Nurofen Plus. You may not need to take these. If you do need them take 2 when required up to a maximum of 8 in any 24 hour period.

Antibiotics

You will be given an anti-biotic called Oxytetracycline. Take 1 twice a day for the next 5 days.

Vitamins

A multi vitamin containing zinc and Vitamin C is recommended to be taken twice daily for 2 – 3 weeks after the procedure. There is evidence to suggest that zinc and Vitamin C speed up wound healing. Vitamin E may be resumed 2 days after the procedure.

Anti-inflammatories

Do not take aspirin, or aspirin containing products or anti-inflammatories, or anti-arthritis medication for 48 hours after treatment. Do not resume any blood thinners such as Warfin until you have checked with Dr. Kiely. If you need to take any medication, other than medication prescribed by the clinic, please consult with Dr. Kiely.

COMPLICATIONS

Swelling

Some mild swelling may occur and this is normal. Rarely there can be enough swelling to cause swelling of the forehead 2-4 days after the transplant which may in another day or two cause swelling and bruising on the lower eyelids. Elevation of the head and limiting activity will reduce chances of this occurring. If swelling becomes excessive, please contact the clinic. If some swelling around the eyes does occur it will only last generally 24-36 hours before disappearing.

Bleeding

Some slight bleeding occurs occasionally. If this occurs apply direct pressure to the

area with a swab or clean tissue. If this persists please contact Dr. Kiely on 087 2869030 or 021 4364595.

Pain

Some mild discomfort is normal and will usually be controlled by the pain medication. If your prescribed pain medication is not adequate, please contact Dr. Kiely at the numbers given. A frozen bag of peas may be used as an ice pack on the back of the head (over the stitches) to help reduce discomfort. Ensure this is wrapped in a damp towel before application.

Infection

This is unusual. If any significant redness, tenderness or local pain or pustules occur please call Dr. Kiely.

Decrease in sensation

This is common over the top and back of the scalp. It will correct itself in 4 -12 months.

Crusts

Some small crusts will generally cling to the hair grafts during the healing phase. These will separate and fall off with a hair attached to them in 7 – 10 days approximately. Please do not be concerned by this, as this is quite normal as the follicle remains under the skin and will produce new hair in 3 to 4 months. DO NOT pick at them. To speed up this process carry out 'Misting' as previously described for 7 days. After 7 days, if the crusts persist apply some Vaseline to the grafted area at night. This will soften the crusts and in the morning gently massage the scalp while shampooing. This will speed their removal.

MISCELLANEOUS

Growth

Please remember that it takes 3-4 months after the transplant before the hair starts to grow. *BE PATIENT!*

Shedding

Sometimes there is mild shedding of existing hair 2-4 weeks after the transplant. It will regrow along with the new hair. Please do not be concerned.

Lost Grafts

The odd graft may be dislodged accidentally and fall out. This is not a matter for concern and will not significantly affect the overall result of your hair transplant.

TO CONTACT DR. CONOR KIELY

If you have any problems following the surgery please call Dr. Conor Kiely at any of the numbers below. We provide a full follow up service and patients are encouraged to contact Dr. Kiely with any questions or problems they have regarding their procedure.

Mobile: 087 2869030

Home: 021 4364595

Surgery: 021 4813655

In the unlikely event that Dr. Kiely cannot be contacted please contact your local GP or hospital.