



AMERICAN MANE
HAIR RESTORATION CENTER

Post-Operation Beard Instructions

Congratulations, the most challenging part is now over!

We aim to ensure the success of your hair transplant. For your convenience, we have prepared a comprehensive guide that outlines the necessary actions you need to take, along with what needs to be avoided, step-by-step hair-washing guidelines, sleeping instructions, and what to expect in the coming months after the procedure.

General Rest And Recovery Instructions

Take post-operation medication as instructed.

- Keflex 500 mg orally-two times daily x 7 days
- Tylenol 500 mg- Take one tablet every 4-6 hours as needed
- Prednisone 20 mg- orally once daily x 3 days
- Aspirin 325 mg- orally once daily x 7 days
- Two days after the procedure, please mist your head 2-3 times daily with Sterile Saline Spray for one week
- Drink water and avoid salty foods.
- Ensure proper rest and recovery.

Sleeping instructions:

During the first week following your surgery, it's important to avoid allowing the grafts to touch the bed or pillow. Sleeping in an upright position is necessary for the first three days and can be achieved by using additional pillows and rolling a towel under your neck to prevent turning.

We also recommend continuing to use a neck pillow for at least one week post-surgery to maintain your head's elevated position during sleep. This will help to minimize any discomfort and protect the newly implanted hair. After 7 days you can sleep in a normal position.

Food and Jaw Movements:

Since you have had a Beard Transplant, you must avoid eating hard or chewy foods as you need to rest your jaw as much as possible! Eat soups (through a straw!), smoothies and juices! Your diet will have to be liquid-based for the entirety of the first 7 days! Avoid talking too much or laughing/smiling!

Washing instructions:

Avoid washing your head after the operation for three days.

Apply Foam to transplant area ONLY (Beard, Hair, or Eyebrows) and leave to sit for 1 hour (60 minutes)! Once 1 hour has passed, be sure to rinse off with Luke-warm water, and after you have removed all of the foam follow up with the shampoo and gently TAP the transplant area as well as the donor area! You should rinse the shampoo with Luke-warm water and let air dry (You may use a towel for the back of your head to gently remove excess water, only for the donor area! Do not touch the transplant area after wash)



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Once the first 7 days (First week) have passed since your procedure date, You will now start to gently massage the transplant area when shampooing to help remove dry blood and scabs and allow the area to be clean of crusts.

You will Gently massage from day 8th to 15th! We will be following up to see your progress asking for photos or by in-person appointments!

Follow the instructions for 15 days; if all the scabs disappear after 15 days, you can resume regular hair washing and do not need to use the foam. If you still have scabs, please continue using our products until all the scabs have fallen. After 15 days, you should not see any scabs on your head.

Please, for better instructions, go to our website www.americanmane.com. Under patient info, click washing instructions for the demonstration video.

What Should I Avoid After My Procedure?

To ensure a successful recovery from your hair transplant procedure, it's important to follow post-procedure care instructions carefully. Here are some things to avoid until you've healed:

Three days

- Do not touch/scratch the grafts. Do not use water on your head. Sleep in an upright position. Do not bend your head down.

One week:

- Avoid smoking and alcohol. Do not engage in sexual activities. Follow sleeping instructions.
- Do not wear a hat, head covering, or anything with direct contact with your head. If you must use a hat, use only the one provided to you by the clinic but not before three days from the transplant date.

Two weeks:

- Avoid any aerobic activities such as running and sweating.

One month:

- Avoid playing basketball, tennis, soccer, football, etc.
- Avoid using hats and helmets.
- Avoid any strenuous activities such as; bodybuilding workouts or heavy lifting.
- Do not cut your hair with a razor. Use scissors for the transplant area and machine number two only in the donor area
- Do not swim for the first month after the procedure.
- Do not get into saunas, steam baths, Turkish baths, or solariums.



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Two months:

- You can swim indoors and outdoors but try to use a hat to cover the direct sun.

Six months:

- You can color both donor and transplanted areas.

By avoiding these activities, you will give your scalp the proper time it needs to heal and promote successful hair growth.

What Should I Expect After My Procedure?

During the hair transplant procedure, you won't feel any pain, but you may experience swelling, itching, and burning sensations afterward. If you do experience symptoms, here's what you can do:

- Swelling: Use ice to reduce swelling around your face and eyes. If needed, apply a cool pack on your forehead (not on the grafts) for 10 minutes. It should go away within five days.
- Itching/Dryness: Apply aloe vera or saline water to soothe the area. Don't scratch it!
- Burning: Apply lotion several times a day to relieve the burning sensation.
- Shock loss: New hair implanted will fall out after 2 to 8 weeks, this is a normal process. The hair stem cells remain in the skin and after 5-6 months the new hairs will start growing.

Here's what you can expect after your hair transplant:

- Day 1: Keep a headband on for three days (even at night) as much as possible, except when washing your head. Avoid losing grafts.
- Days 3-5: Follow all instructions and avoid touching the grafts.
- Days 5-7: Shedding of the transplanted hair is normal.
- Days 7-30: Continue following the recommended steps to look normal again.
- 1-3 months: Shock hair loss occurs, but new hairs will start growing.
- 4-6 months: The transplanted hair will progress into the hair growth phase.
- 6-12 months: Your transplanted hair will have completed 80-90% of the growth process.
- 12-18 months: Final results will be thick, long, and entirely natural.