



# Post-Operation Instructions

**The scary part is over!**

**Now we want to ensure the success of the transplant.**

For your convenience, we prepared a guide to assist you with the actions you need to take, what to avoid, hair-washing instructions, sleeping instructions, and what to expect for the next few months.

First, please rest and recover, drink water, and avoid consuming salty foods.

Please take post-operation medication as instructed.

Read all the information to maximize the success of your transplant.

The goal of these instructions is to help the healing process of the scabs and protect the newly implanted hair. The first month is a crucial and risky stage: please adhere to these instructions the best you can.

## Medications:

### Post-op day 1:

- Keflex 500 mg orally-two time 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

## Sleeping instructions:

- Prevent the grafts from touching the pillow/ bed for at least one week.
- In the first three days, sleep in an upright position is required. You can do this by using more pillows and rolling a towel under the neck to avoid turning.
- Continue using neck pillow for at least one-week post-surgery.

## Washing instructions:

Avoid washing your head after the operation for three days. Begin cleaning your head according to instructions three days after the transplant.

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](http://www.americanmane.com). Under patient info, click washing instructions for the demonstration video.



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**PLEASE NOTE:** Do not wash your hair under a direct water stream until all the scabs have fallen. The process must be done gently and without pressure. Use bowel for rinsing.

**Applying foam:** For one week, apply foam to the recipient area only. Allow it to sit for one hour before washing it off. The following week, apply the foam to donor and recipient areas. Apply very gently using only a few drops, and ensure you follow the hair growth direction. Keeping the skin moisturized and soft will enhance the regeneration of cells and the healing process of scabs.

**Applying shampoo:** After the foam has sat for one-hour, shampoo your head gently, we recommend foaming up the liquid in your hands before, then running your hands softly through the hair. Do not scrub, rub or use much force.

**Rinse:** Use room temperature water only, no hot or warm water; use a bowl or cup to rinse the shampoo off slowly.

**Dry:** Do not use a towel. A blow dryer may be used in the cold setting only. After one month, you can resume regular hair washing and use towels for drying.

## What to avoid:

### 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 a helmet.
- Avoid any strenuous activities such as; bodybuilding workouts or heavy lifting.
- Do not get a haircut; you can use scissors and machines only in the DONOR AREA after one month. For the implanted area, use only scissors for six months. DO NOT USE RAZOR CUTS.
- Do not swim for the first month after the procedure.



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## Two months:

- You can swim indoors and outdoors but try to use a hat to cover the direct sun.
- Do not get into saunas, steam baths, Turkish baths, or solariums.

## Six months:

- Do not color your hair or use razor cuts.

## What to expect:

The hair transplant procedure is painless; however, you may experience some swelling itching and burning sensations. If you do experience any of these symptoms, please do the following.

**Swelling:** This is rare, however, if it does occur around the face and eyes, use ice to reduce swelling, there is no need to take any medicine, and this should disappear within five days.

**Itching:** This is quite normal and indicates the skin is healing and should last only two to three days. We recommend applying aloe vera or saline water to refresh the area. It's essential to avoid scratching.

**Burning:** Apply lotion, not cream several times during the day to relieve the sensation.

**Day 1:** We will remove your bandages and put a headband. Please keep the headband for 3 days (including at night) as much as possible except when you wash your head according to our instructions. You can remove the headband for 10-15 minutes once every hour, and place it on your neck (to prevent losing grafts)

**Day 3-5:** Follow all hair washing and sleep instructions. Avoid scratching and touching the grafts.

**Day 5-7:** You will start to experience shedding of the transplanted hair, this is normal, and the hair will continue to shade for up to three months.

**Day 7-30:** Continue following all recommended steps. By the end of the 30 days, your appearance will start looking normal. It will be difficult to tell you had done a transplant.

**1-3 months:** Expect shock hair loss, after the initial transplanted hair falls out, new and permanent hairs start growing.

**4-6 months:** In this period; transplanted hair progresses into the hair growth phase. By the end of this phase, on average, 60% of hair growth can be observed, and appearance will be noticeable.

**6-12 months:** Your transplanted hair will have completed the 80-90% growth process, reaching a certain density and volume. By the 12th month, the hair strands and directions reach their closest natural growth.

**12-18 months:** You will see the final results of your hair transplant. The hair will be thick, long, and entirely natural. You will experience faster progress in the front of the head, with the crown being last to reach final results.