

Pre & Aftercare Information

Hair Transplant



This information has been provided to enhance your journey through your treatment pathway. We recommend that read this advice and if you are unsure about anything then please do not hesitate to contact us.

General enquiries: 01892 257357 (Mon - Fri, 9am - 5pm).
For out of hours emergencies and at weekends, please call 07753 211771.

Procedure Information

Preparation before surgery:

- Smoking (cigarettes or e-cigarette with nicotine) - you should avoid or significantly reduce the amount you smoke. Nicotine causes the blood vessels to close up and this effect lasts for 45 - 60 minutes following inhalation. It is one of the most important requirements to lower the risk of postoperative infection and other healing complications. Ideally we would suggest to avoid smoking for a minimum of one month before and after surgery.
- We provide you with E45 or Johnson's Baby Shampoo. It's always a good idea to have a spare in your cupboard.
- Please arrange transport home with a family member or friend. Public transport can be used but it is recommended to have someone accompanying you.
- Please wear a shirt with buttons down the front - it will be easier to take this on and off before and after surgery and is unlikely to damage grafts on removal compared to a t-shirt / sweatshirt.
- You will require regular pain relief for the first few days and can require it for longer. You will be given paracetamol and ibuprofen to take home but please make sure you have some available at home also.
- Do NOT take Arnica or herbal tablets 10 days before and 3 days after your surgery. This will significantly reduce your risk of bruising.
- We will provide cold compresses, sterile gauze, a pillow protector and painkillers for you to take home on the day of surgery.

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The day of surgery:

Please DO observe the following on the day of your surgery:

- Enjoy a good meal before attending, unless you are scheduled for twilight sedation or a general anaesthetic.
- Shower on the morning of surgery, washing your hair.
- Arrange your transport home. We advise you not to drive after the surgery and have someone help to take you home.
- We provide you with lunch on the day of surgery.
- We provide you with an iPad to watch movies during your procedure. Please feel free to bring your own if you wish.

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Immediately after surgery:

After surgery, you will relax in our recovery room. We will provide you with a hot/cold drink and biscuits after surgery. One of our patient coordinators will go through the aftercare and give you instructions on what to expect in the next few days (please always refer to this document).

We will make your follow up appointments. This will consist of:

- Approx 1 week follow up with our nurse and wound care specialist.
- Approx 6 week follow up with your surgeon.
- Approx 6 month follow up with our nurse and wound care specialist.

If you have any concerns our door is always open and more follow up appointments can be scheduled.

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Aftercare in the weeks after surgery

- Sleep in an upright position for the first 2 nights post-procedure to allow any residual swelling to decrease.
- Avoid pulling tight clothing over your head as the newly transplanted grafts are sensitive. Ideally, wear a button down shirt.
- Do not scratch, rub, brush or comb the newly transplanted hair as this can pull out the transplanted grafts.
- Ensure good hand hygiene.
- Avoid physical exercise that includes over bending or heavy lifting for one week post procedure.
- Drink plenty of water and eat well during your post-operative recovery.
- You may return to work the day after your procedure providing your work does not involve hard physical labour.

Procedure Information

Aftercare in the first few days post-procedure

You can expect to feel completely normal immediately following the procedure, due to the advances in local anaesthesia techniques. You might feel that your scalp is tight or swollen due to the fluid that has been placed under the scalp.

A light dressing (bandage) will be placed over the donor area (where the hair was taken from) of your head. Recipient hair (the hair that is transplanted into the new location) transplant area will be left uncovered. Do not let anything touch the recipient hair transplant areas during the first 24 hours after surgery.

On the first night, it is critically important that the recipient areas do not touch anything and that the head is slightly elevated to prevent an edema (swelling) around the eyes. The best sleeping position would be to lie on your back, the donor back areas of your head propped up by a couple of pillows. You may find another position preferable. However, please remember that any sleeping position you choose that first night should elevate your head and prevent the recipient areas from coming in contact with anything.

The light dressing over the donor area will be removed on the day following the intervention (Day 1). No extra care or treatment will be necessary for the donor back areas of the scalp. The tiny holes on your scalp will have already closed when we remove the bandage that day.

On Days 1, 2 and later – we advise to avoid wearing a cap or hat that will be in direct contact with the transplanted hair.

We will provide any required prescriptions and/or drugs you may need during the post operative recovery. Should you experience any discomfort, you may take a mild pain-killer pills 3 times a day. If you are taking any medications prior to the surgery, you can continue to take them following the surgery.

You may experience a slight oedema (swelling) around the eyes following the surgery. This will improve over the next 3-7 days.

You will be able to resume your normal daily activities the day after but might find the area uncomfortable and if so we recommend you using painkillers regularly as advised.

Please avoid any sexual activity during the first week following surgery. Ideally if this can be avoided for 2 weeks.

Rigorous physical exercise or sports activities in general may be started or resumed 14 days after the hair transplantation intervention.

You will be given a small spray bottle and some saline. You should use this as often as possible to keep your scalp from drying out and becoming itchy.

Washing and shampooing your hair

You will be given a shampoo to use following your hair transplant.

Week 1, you will only be allowed to form lather in your hands and press this gently over the scalp.

Week 2, you can form the lather in your hands and press onto your scalp softly as directed by your surgical team.

Week 3, you will be able to resume your normal hair washing regime.

Hair loss following surgery

The transplanted hair can be in any stage of the growth cycle. Therefore in the next few weeks you can expect your transplanted hair to continue to grow, to remain the same or to fall out.

However your It is important to note that some of your surrounding hair may also go in to the resting phase of growth at this time. Some of the hair that was already there may shed due to shock. These hairs will come back.

By 3 months you will begin to notice more hair growing back and the overall time frame to reach a definitive result is by 18 - 24 months.

Pain control

Surgical hair restoration actually results in less operative discomfort than many other surgical procedures. Most patients, after surgery, state the pain was less than a visit to the dentist.

We use local anaesthetic to numb the areas where the surgery will be performed and this anaesthetic will last anything up to 6 hours, typically any post-operative discomfort following the hair transplantation procedure will last no more than a day or two.

We advise taking paracetamol and Ibuprofen during this time as required, providing you are not allergic to either of these medications. Please ensure you take the correct dose according to the packet instructions.

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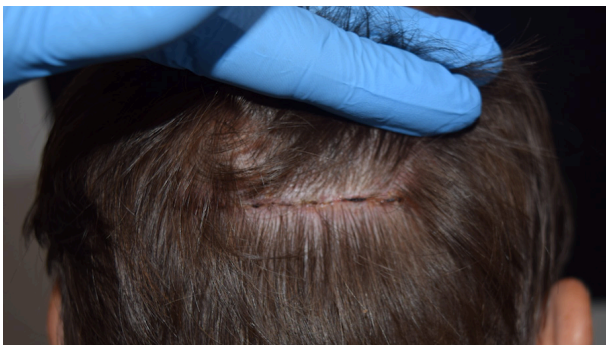
Photographic examples



Patient 1 - Before surgery



Patient 1 - 1 week after surgery



Patient 1 - Scar after 1 week



Patient 1 - Scar after 3 weeks



Patient 2 - Before surgery



Patient 2 - 1 week after surgery

Procedure Information

Photographic examples



Patient 3 - Before surgery



Patient 3 - Preparing for surgery



Patient 3 - During surgery



Patient 3 - Immediately after surgery



Patient 3 - 1 week after surgery

Procedure Information

What to expect and FAQs

When can I wear a hat post surgery?

You should avoid wearing a hat for at least two weeks after surgery. A baseball cap can be worn sooner than a flat cap as this will generally not be sitting directly on the transplanted hair.

When can I wash my hair normally, with regular shampoo?

After two weeks, you can go back to your normal hair care regimen. The hair is washed daily to remove any build up of dried blood and residue from the surgery incision sites. This can be a potential cause of infections and washing your hair as instructed is important to help with your recovery.

How long will the redness and scabs take to diminish?

The redness and scabs can take up to 2 weeks or more to resolve. This is because the scalp is swollen with fluid and therefore expanded. This added pressure can result in the redness taking longer to settle. You will notice as the swelling goes down, that the redness will also diminish.

When will the hairs shed?

This can vary. Some patients see hair growth initially and then it sheds. It doesn't really matter when it sheds. It is really just to be aware that this can occur and if it does, do not be alarmed. The portion that is shedding is the follicle and not the root that is embedded in your scalp. Imagine that it is a daffodil flower stem and the bulb is under the soil. If you remove the stem, it will regrow from the bulb. It is the same process with the transplanted hair.

When can I get my haircut (dyed)?

After two to three weeks will be sufficient to get it cut and dyed. If there is any delay in wound healing or concern, then it is best to check with your surgical team first.

How often do I spray my hair with saline water?

This should be carried out as regularly and often as possible to keep the scalp moist. This will prevent dryness and excessive scab formation. In turn, you will not feel the need to scratch your scalp as much and therefore not remove any potentially viable grafts.

How long should I take off work?

It really depends on what job you do and whether you want anyone at work to know. The scalp can be swollen and red for about a week. We can provide a concealer/ camouflage makeup to help soften this effect. You should avoid heavy lifting, excessive exercise for about 1 week.

Is it normal for my head to be itchy?

Yes, an itchy head is normal. Please avoid scratching your head after surgery, to prevent damaging any of the transplanted hairs. We will give you a saline spray and Vitamin E oil to help reduce the itchy feeling.

I have just taken a scab off and hair has come out. Has my transplant not worked?

Hair can be caught up in the scabs. Using saline will help to prevent this. Some transplanted hair may come off with the scabs. Many of these would be non-viable buds that did not take up a blood supply and therefore are just dead hairs.

We advise you not to pull at the scabs and let them drop off on their own accord. You can use vitamin E oil to help strengthen the hair. This will also keep the scalp moist and reduce scab formation.

I am worried the hair will drop out so I will avoid washing my hair?

The goal of the washing is to clean the clots and crusts in the hair transplant (recipient) areas of the scalp. Shampooing is important to prevent scabs from occurring around the hair shaft. Scabs adhere to the hair shaft and increase the risk of losing newly transplanted hair follicles during the first 7 to 10 days of the post operative recovery.

All my transplanted hair has dropped out, what has happened?

During the first month, virtually all of the transplanted hairs, traumatized by their relocation, will, as expected, fall out ("shock loss"). Do not be alarmed.

When will the hair start growing?

During this first month, the transplanted hair follicle cells are taking root and are living under the skin in the recipient areas. After 2 to 3 months, new hair will begin to grow from the transplanted follicles. Your new hair will grow normally (1-2 cm per month) and continue to thicken over the next six to nine months. At first, the new growing hairs may be thin and curly. As they lengthen, the hairs will become thicker and straighter.

When can I get my haircut again?

If you wish, you may style your new hair with a precision scissor haircut. During the first year, be sure to advise your stylist or barber to use only scissors – no razors or other hair cutting instruments should be used in year 1 of your hair transplantation.

Sometime after the 9 month anniversary of your surgery, we would be pleased if you would schedule a follow-up visit to check up on your results (complimentary). Should you not be able to visit us, we look forward to receiving the photos of your new hair makeover.

Your new hairs will be lengthening and thickening over a period of six to nine months. The final overall result of the hair transplantation will be evident after approximately 9 months.

Please do not hesitate to contact us if you have any questions, queries or concerns.

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