



POST-SURGERY INSTRUCTIONS - FUE

Medications

Only take the medications prescribed by Doctor Lupanzula. Before taking any other medication(s), this must be discussed in advance with Doctor Lupanzula.

Temesta: (when prescribed) should be taken before retiring on the evening of your surgery. You are advised not to drive or consume alcohol after taking this medication.

Analgesics – Paracetamol 1g: take **1g** every six hours, i.e. three times a day, for the first three days after your surgery. Do not take aspirin during these three days, in order to avoid excessive bleeding.

Antibiotics - Amoxicillin 1g: to be taken morning and evening for the first three days after your surgery.

Medrol: (when prescribed) to be taken after surgery, as follows:

- First day: 1 full tablet
- Second and third days: ½ tablet
- Fourth and fifth days: ¼ tablet

Antibiotic and healing cream: to be applied only to the donor area. Rub in well.

Post-surgery care of the recipient area:

From the first day:

- Spray the saline solution, provided in the form of a nebuliser, onto the transplanted area every 20 minutes on the day(s) of surgery.

From the second to the seventh day:

- Apply the saline solution every hour. Once this bottle is empty, which will be approximately 72 hours after surgery, continue with the **KERATENE spray once every two hours.**
- Shampoo with **Iso-Betadine:** using the sprayer, spray the transplanted area and leave for the time required to treat the donor area. **Under no circumstances should you massage the recipient area.**

Rinse with plenty of lukewarm water, using a suitable container (cup etc.). Too powerful a jet of water, such as a shower, could damage the transplanted area. **You are therefore advised not to use the shower spray directly on the recipient area!!!**

Wash once a day.



From the eighth to the fourteenth day:

- Continue applying the **KERATENE saline solution 5 or 6 times a day.**
- Shampoo with **Iso-Betadine:** spray on using the sprayer and massage, using small and very light circular motions.
- Rinse with water at normal pressure.
- Wash the area once a day.

Post-surgery care of the donor area:

From the second to the fourteenth day:

- Apply the shampoo with **Iso-Betadine** using the sprayer and massage with circular motions.
- Rinse with water at normal pressure and dry.
- Then apply the cream provided by the clinic and rub in well.
- Wash the area once a day.

From the fifteenth day, return to "normal life". You can use the **KERATENE** shampoo (also provided by the clinic) to care for your hair **two or three times a week.**

IMPORTANT INFORMATION

Resting and sleeping position:

The ideal position is a semi-seated position with the trunk raised at **45 degrees.** You can use a pillow to maintain this position. This will help to reduce swelling. This position should be adopted for the first three nights after your surgery.

Oedema:

An oedema may appear on the second or third day after surgery. This will be reabsorbed naturally after four days (in most cases). Adopting the correct sleeping position (as described above), applying ice and avoiding walking for long periods will also help to reduce the oedema.

Shock-loss (hair loss as the result of trauma to the hair):

This is a rare side effect of hair transplantation and can occur in the donor or recipient areas; if you are worried by this, please contact us.

Alcohol, tobacco, sexual activity:

You are advised to avoid the consumption of alcohol and tobacco for the first three days after your surgery.

Sports activities:

Since FUE is a relatively non-debilitating surgical procedure, you can resume (gentle) sports activity after **ten to fifteen days.** When returning to sport, choose activities that are not too intense (e.g. jogging, cycling, walking etc.)

Exposure to the sun:

Keep the recipient area covered and **avoid** all direct and prolonged exposure to the sun for the **first fifteen days.** Take care to avoid any sunburn for six months after your surgery.



Swimming pool/Sea:

Avoid swimming pool water for three months after your surgery. Bathing in the sea is allowed after two weeks ("to be enjoyed without restriction").

Bleeding/Infections:

Blood loss is inevitable during and immediately after surgery. If bleeding persists, use a compress to apply continuous pressure to the bleeding point for 20 minutes. Contact the Doctor if bleeding persists in spite of this.

On rare occasions, transplantation can cause an infection. Be scrupulous in keeping your scalp clean and only apply treatments provided or recommended by Doctor Lupanzula.

Also, take care to avoid banging your head. If this does occur, contact the Doctor.

Hyposensitivity in the donor area:

This is caused by injury to the small nerve endings during surgery. It is temporary and develops spontaneously in the weeks following surgery, until such time as these nerve endings heal.

Regrowth rate after surgery (based on a scalp not having undergone previous surgery)

First month: The transplanted hair falls out and enters the resting phase.

This phenomenon generally occurs sometime between the third and eighth post-surgery week.

Third month: Regrowth of transplanted hairs, estimated at 20 to 30%.

Sixth month: General improvement in regrowth quality and regrowth of 40-60% of transplanted follicles.

Ninth month: 60-80% regrowth.

Generally, regrowth is complete after the twelfth month but the hair continues to mature in terms of quality.

In the case of reparative surgery, these figures may vary because of the complex nature of the procedure and damage caused to the donor and recipient areas by any previous operation.

You should take into consideration the fact that regrowth on scarred skin is always slower than on healthy skin; this process will then be regarded as completed after 15 to 18 months.



A message from Dr Lupanzula

For me, every hair transplant is different and personal.

I make a point of providing you with the very best hair transplant and care possible, and I understand that the period of regrowth of the transplanted follicles can be a difficult time for you.

I would like you to stay in touch with me and keep me informed of the progress of your transplantation, by means of photographs if you do not attend a post-surgery follow-up consultation in person.

I would therefore ask that you contact me before seeking the opinion of a third person, so that you are correctly and fully informed. This will allow me to address your concerns as comprehensively as possible, avoiding any harm that might be caused by inaccurate information and inappropriate advice.