



POST OPERATIVE INSTRUCTION - FUT

Medication

Take only medications that you have been prescribed by Dr. Lupanzula, any other medication must be first discussed with the Doctor.

Sleeping pills: (if required) must be consumed with food, before bed, you will not drive and drink alcohol after taking medication.

Analgesics: Take 1g of Paracetamol every six hours or as prescribed by the doctor. Do not take any medication containing aspirin for at least 3 days after surgery to prevent excessive bleeding.

Anti-Biotic: to take the evening following your speech and in the morning and evening the two following days.

Postoperative care recipient area: STRIP/FUT

From the first day: use saline spray form every two hours on the grafted area, and gently wipe the residue of saline around the grafted area. Use this solution until all of the bottle is empty.

From 2nd to 7th day: Pour shampoo Isobetadine in your hands, lather and then apply gently on the grafted area, **ensuring you do not rub**. Rinse with warm water using a cup to avoid a stream of water too hard can damage the grafts. Wash the area once a day.

From the 8th to 14th day: Apply shampoo Isobetadine and massage in gentle and very light circular movements. Rinse with water under normal pressure. You can at this stage wash grafted area with mild baby shampoo **after** the isobetadine. Wash the area once or twice a day.

Post-operative care donor Area: FUT

From 2nd to 7th day: Follow the washing instructions for the recipient area described above for the given period.

From the 8th to 14th day: Follow the washing instructions for the recipient area and described above for that given period.

In the 10th: The sutures from the donor area must be removed by skilled health personnel.

Dr. Lupanzula disclaims any liability for suture removal by unqualified persons, and any relaxation of scar or infection caused by such withdrawal



IMPORTANT INFORMATIONS

Position of rest and sleep: The ideal position is a semi-sitting position, trunk elevated to 45 degrees, you can use a pillow to maintain this position. This will reduce swelling and can be applied for 3 days following your surgery.

Edema: swelling may occur after the intervention. It will resolve naturally after 4 days (in most cases). Adopting the correct position (as above) to sleep, apply ice and to avoid long walks will also reduce swelling.

Shock-loss (hair loss resulting from a shock): This is a rare side effect of hair transplantation can occur at the donor or recipient, if this worries you, contact us.

Alcohol, Tobacco, Sexual activity: you are advised to avoid tobacco, and alcohol is completely prohibited and any sexual activity during the first 3 days following your surgery.

Sports: Avoid lifting and any other physical activities that can exert any pressure or tension on your back or neck for at least three months. Walking long distances should be avoided during the first months of operation and you are allowed to get back into jogging two months after your operation.

Sun exposure: Keep the recipient area covered and avoid direct exposure to sunlight during the first 15 days, and avoid sunburn during the 6 months following your surgery.

Pool/Sea: Avoid swimming pool water during the three months following your surgery. Swimming in freshwater or the sea is allowed after a month.

Bleeding / Infection: Blood loss is inevitable during and immediately after surgery. If bleeding continues, apply continuous pressure on the bleeding point for 20 minutes with a compress, if the bleeding was still persist, contact your doctor.

On some very rare occasions, a graft may cause an infection, make sure you keep your scalp clean and only apply clean products on it, be careful not to bump your head if that happens contact the doctor.

Hypo-sensibility at the scar: It is due to small nerve endings damaged during surgery. This is temporary and evolves spontaneously within weeks following the intervention



Rates of postoperative re-growth (based on a virgin scalp):

First month: Hair Transplant fall and begin the **resting phase**

Third month: Repels graft about **20 to 30%**

Sixth month: Improved overall quality of re-growth and re-growth of buds from **40-60%**.

Usually, after the **12th month** the growth is **complete** but the hair continues its maturation in terms of quality.

In restorative intervention these figures may vary due to the complex nature of the proceedings and by reason of any previous operation which may have caused damages on the donor and recipient areas.

Notification of Dr.Lupanzula

Each hair transplantation is different and personal. I strive to provide you with the best hair transplant possible and the best care, and I do appreciate that the period of re-growth grafts can be a difficult time for you.

I would like you to keep in contact with us, in order to keep us informed of any development using photos.

I urge you to contact us before seeking the opinion of a third party, so that you are properly and fully informed. This will enable us to best respond to your concerns while avoiding loss due to inaccurate and inappropriate advice.