



## **Dr. D's Post-Neograft Instructions:**

**TO BRING DAY OF PROCEDURE:** Snacks, ear buds, music

### **Day 1 & 2:**

- ➔ Leave Donor Bandage on for 48 hours (the big bandage on the back of the head).
- ➔ Spray new hair grafts (recipient site) with saline (especially after you shower) every 6 hours.
- ➔ Continue spraying for the next 7-10 days (to relieve itching and to keep the scalp from drying out).
- ➔ Sleep elevated. You can lie on the head bandage or on a roll along the nape of the neck for one week.
- ➔ **DO NOT** lie on recipient/new hair site.

### **Day 3: (approx. 48 hours after Surgery):**

- ➔ Take head bandage off.
- ➔ Shower below the neck. Gently wash your entire scalp including the sides and back by using Baby Shampoo, and rinsing it by gently pouring lukewarm (NOT hot) water from a cup over your scalp. **DO NOT TOUCH** new grafts (**Do NOT let the shower hit the new hair grafts directly**).
- ➔ Gently massage donor site (primarily the back of the neck when shampooing).
- ➔ Put Bacitracin on the donor site(s) in the morning and the night, for 3 days. In the afternoon, dab on scalp cream just on the donor sites, **NOT ON THE NEW HAIR GRAFTS. After 3 days, use only Johnsons Baby Lotion NOT BACITRACIN.**
- ➔ NO exercising; NO sweating; NO straining for 14 days.

### **Day 10:**

- ➔ Use Johnsons Baby Shampoo & Conditioner, gently touching new hairs in recipient site with fingers.

### **Additional Instructions:**

- Use a handheld mirror to view areas in the back of your head.
- Take Proscar; ½ pill a day (if prescribed by your physician).
- Take Antibiotics for 5-7 days.
- After 1 month, Start Rogaine .5% topically.
- After 14 days, you can use Baby Lotion carefully on the new hair area to moisturize the donor site(s).
- Take pain medication as needed; Try Tylenol PM or Ambien to help you sleep for the first week.