



## POST OPERATIVE INSTRUCTION - FUT

### Medication

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

**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.

### Post-surgery care of the recipient area

**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 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

**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.

## **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.