

PARSLEY HAIR CENTER  
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INSTRUCTIONS FOLLOWING HAIR TRANSPLANTATION

A. PHYSICAL CARE

1. SLEEPING

Sleep in a semi-upright position the first night. Elevation of your head lessens the chance of swelling or bleeding. Swelling is detrimental to graft growth. The best solution is to sleep in a recliner chair or on a couch with at least three pillows to elevate your head. It is easy to slip off pillows at night if you try to sleep in bed. After the first night, you may start sleeping in bed, but with 2-3 pillows to elevate your head for the next two nights.

2. PHYSICAL ACTIVITY

Totally avoid any physical activity for the first day. Limit activity for one week. No swimming for two weeks. Do not lean over for three days after the procedure as this may promote bleeding. Stoop to pick up objects. **DO NOT BUMP YOUR HEAD.** Be especially careful getting in and out of your car. DO NOT DO SIT UPS FOR APPROXIMATELY ONE MONTH TO PREVENT STRETCHING OF THE SCAR IN THE POSTERIOR SCALP.

3. SHAMPOOING

You may shampoo in a limited fashion starting 48 hours after your transplant. Take a plastic pitcher or large plastic cup into the shower. Use it to pour water over your head several times and then put a couple of capfuls of the shampoo (a pH balanced shampoo, NOT THE HIBICLENS) into the bottom of the pitcher cup. Add a slight amount of water to make a sudsy solution. Pour this over your scalp and shampoo by working your hair between your fingers and thumb. You may shampoo daily in the limited fashion. On the fifth day following the procedure, you may let the shower stream hit your scalp. After seven days, you may gently massage the hair in the grafted area and after ten days you may resume normal shampooing.

4. BANDAGES

You may have a bandage and dressing on your scalp for the first night. DO NOT ATTEMPT TO REMOVE THE BANDAGE. It will be removed in our office the next morning. In select circumstances, we allow you to remove the bandage, particularly if you live out of town.

5. SUN EXPOSURE

It is suggested that you avoid over-exposure to sunshine or heat for the first few days following the transplant procedure as this may promote swelling. If you need to out in the sun, wear a hat.

6. SUTURES

If non-absorbable suture is used on the donor area, we generally remove them in 9-12 days. If absorbable suture is used, they do not need to be removed. For non-absorbable sutures, use the antibiotic ointment daily until they are removed. For absorbable sutures, use the ointment for ten days.

7. MISTING

It is recommended to frequently mist the grafts to keep them clean and reduce crusting. Spraying the grafts with room temperature water every waking hour for two days is recommended. You may purchase a small spray bottle at almost any drug store or beauty supply store.

**B. MEDICATIONS**

1. ANTI-INFLAMMATORIES

Acetaminophen (Tylenol) is the only acceptable anti-inflammatory medication to be taken for 1-2 days after the procedure. After that, one may resume aspirin, ibuprofen, or other anti-inflammatories.

2. PAIN MEDICATION

You will be given a prescription for pain medication to be taken after your transplant. Take it as prescribed. You will find it most helpful just before you go to sleep.

3. VITAMINS

A multivitamin containing zinc and vitamin C is recommended to be taken twice daily for 2-3 weeks after the procedure. This is given due to suggestive evidence of that zinc and vitamin C may speed wound healing. These multivitamins may be purchased without a prescription or you may be given a sample of vitamins at the office. Vitamin E may be resumed two days after the procedure.

4. OINTMENT

A tube of antibiotic ointment will be given to you after the procedure. It is to be used on the suture line on the back of your scalp for 10 days to 2 weeks after the procedure. This is **important in getting optimal healing of this area.** A spouse or friend may be helpful in lifting the hair to put the ointment on the suture line so a minimal amount of it will actually get onto your hair.

## C. COMPLICATIONS

### 1. SWELLING

Some mild swelling will occur and this is normal. Occasionally, there can be enough swelling to cause swelling of the forehead 2-4 days after the transplant which may be in another day or two cause swelling and bruising on the lower eyelids. Elevation of the head and limiting activity will reduce the chances of this occurring. If swelling becomes excessive, an Ace wrap may be worn around the forehead just above the eyebrows to keep the swelling from migrating down onto the eyes. If some swelling around the eyes does occur in spite of these efforts, it will only last generally 24-36 hours before disappearing.

### 2. BLEEDING

Some slight bleeding occurs occasionally. Elevation and compression will generally stop the bleeding. Ice packs may be used on the back of the scalp (donor area), but not over the grafts. If these efforts do not stop the bleeding, please give us a call at the office or at home.

### 3. PAIN

Some mild discomfort is normal and will usually be controlled by the pain medication. You should not have to endure any significant pain. If your prescribed pain medication is not adequate, please contact Dr. Parsley. A frozen bag of peas or corn may be used as an ice pack on the back of the head (over the sutures) to help reduce discomfort.

### 4. INFECTION

This is unusual. If any significant redness, tenderness, or local pain is noticed, call Dr. Parsley. Also, call if more than a few pustules are found.

### 5. DECREASE IN SENSATION

This is common over the top and back of the scalp. It will correct itself in 4-12 months.

### 6. ITCHING

If this is a problem, a cortisone solution or gel can be used. You will be given a sample of Cormax Scalp Application to be used anytime after 3-4 days if itching occurs. If it does not itch, do not use.

### 7. CRUSTS

Some small crusts will generally cling to the hair grafts during the healing phase. Elevating the head, misting, and

wet compresses will help reduce this. If they occur, they will fall off in 7-10 days. **DO NOT** pick at them. After seven days, gentle massaging while shampooing will speed their removal.

**D. MISCELLANEOUS**

1. GROWTH  
Please remember that it takes **3-4 months** after the transplant before the hair **starts to grow**. BE PATIENT! Hair grows only one inch every three months after the procedure starts.
  
2. SHEDDING  
Sometimes there is mild shedding of existing hair 2-4 weeks after the transplant. It will regrow along with the new hair.

IF YOU HAVE ANY PROBLEMS FOLLOWING THE SURGERY, PLEASE CALL DR. PARSLEY AT ONE OF THE NUMBERS BELOW. We want you to be pleased and encourage you to contact us with any problems or questions. No one is more important than you. You are our patient.

HOME: 502-228-4828  
MOBILE: 502-693-8100