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WHAT AFTER YOUR HAIR TRANSPLANT !~

What after the Hair Transplant ! So you've finally had that long-awaited hair transplant, and you are ready to go home and start growing hair! Well, that's great, but let's slow down a bit and think about all the things that may help in insuring the best possible outcome for this procedure. Above all, follow the instructions you've been given; they are there for a reason, and much energy has been put into developing a set of guidelines for patients after FUE. After all, you have put in money and time for the operation, and the doctor and his team have performed a meticulous and demanding procedure. Why not do everything in your power to tip the scales in your favor? Read over the written instructions for post-operative care several times; consider reviewing it again the following day until you are familiar with all the points being emphasized. This is very important because some of the vital details may be forgotten, with the excitement of the surgery, and also with the sedation you may have received, that can cause the fine points to be a little "fuzzy".

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Pain medications will be prescribed, but it is unlikely that these will be needed for more than one or two days, at the most. Sometimes a little Extra-Strength Tylenol is all that is required. Sleeping medication may also be used for the first night, or rarely the second or third.

You may also have medication to prevent swelling; sleeping with the head elevated on pillows for the first week may also help prevent this common experience.

Regular washing of the hair is important after the surgery. There is a tendency to think that this will disturb the grafts, but if it is done as recommended, the chance of dislodging a graft is remote.

The shampooing helps remove dirt, blood and oil, and will gently dislodge the "crusts" or scabs that form over the recipient sites; these crusts should normally be gone within a few days to 2 weeks at the most. If they are not, you may not be shampooing effectively enough.

Proper hygiene also helps prevent infection, and promotes the normal shedding of the transplanted hair that occurs before they begin their new, "relocated" growth phase.



Keeping the recipient and donor areas moist promotes their healing. Saline solution, sprayed on the grafts a number of times a day assists in the process.

For the first few days, you may experience significant itching in the donor and recipient areas. Scratching the donor site in the back will cause trauma; in fact, it is beneficial to keep the donor area free from debris, crusts, and any accumulation of dirt and ointment.

The graft sites, on the other hand, are a different matter. They are the most susceptible to trauma during the first three or four days, which is also the time when they may itch the most! Keeping them moist with saline is the single most important factor in soothing and preventing this itching sensation.

Vigorous rubbing and especially scratching with the fingernails can easily dislodge grafts, which may cause mild bleeding, but more importantly, loses one or more of those valuable hairs.

One of the most misunderstood aspects of FUE is the shedding of the new hair. Many patients either aren't told, or do not hear, that the majority of the newly transplanted hairs will fall out, in a process known as anagen effluvium, within the first 3 to 8 weeks.

Often, this happens in a wave at about weeks 3 to 4. Patients may be quite upset if the beard-like stubble they have been proudly caressing many times a day is now becoming sparse.

This is perfectly normal and to be expected for 60-90% of the FU grafts. They return from about 3 to 6 months postoperatively; initially, they emerge as finer hairs, and gain length and diameter as their growth continues. By the end of the first year, the "new" hairs should be as robust as the other, "native" terminal hairs. They will also gain length at the same rate as non-transplanted hairs, which is roughly one half inch per month.

Sometimes during this first month, the patient may notice small hairs being shed along with their bulbs. They may even come out along with the small "crusts" within the first week or two.

All this is normal, and it must be understood that the germinal material, which will be the source of the new hair, is still inside at the base of the follicle. Unless there is bleeding at a graft site, there has been no loss of a viable graft.

Infrequently, there is some textural change in the transplanted hair. It may become curlier than it was, or even somewhat wiry; often the luster of the hair is also diminished if this altered texture occurs.

When examined microscopically, these hairs reveal some changes in the cuticle, or outer covering of the hair shaft. This phenomenon is temporary, and resolves with the normal growth cycles of the hair often in 12 to 18 months. The discomfort and associated numbness in the donor area usually decreases rapidly over the first 3 to 4 days; most of the soreness and numbness is gone at one week. Another commonly misconstrued aspect of FUE is so-called "shock loss", or telogen effluvium, in which hair close to the tiny recipient incisions is irritated or "shocked", leading to temporary or permanent loss of the hairs. If this does occur, it will happen at about 2 to 3 months after the transplant, and consists of preexisting hairs in the recipient area which go into the telogen, or resting stage, and are shed.

This may be cosmetically significant if many hairs are lost at once. However, miniaturized hairs, which are programmed to be lost soon anyway, are much more susceptible to shock loss than strong, terminal hairs. If terminal hairs are lost, they generally grow back, just as they would after a normal resting phase.



The miniaturized hairs are less likely to return. So, in a way, the effluvium simply "fastforwards" the individual's hair loss to the state it would have been in with the inevitable loss of the fine, miniaturized hairs.

Planning for possible telogen effluvium is important when transplanting, especially in the case of younger men with a history of fairly rapid hair loss.

Adequate numbers of FU grafts must be placed when implanting through areas containing high numbers of miniaturized hairs. If these hairs are lost to shock, the just 6-9months, but the full cosmetic effect of the transplant may not be evident for up to a full year, because of the factors mentioned above. Once the hair has reached optimal styling length, then the patient can be assessed for a possible second procedure, if that is even felt to be necessary.



The following places are recommended for sightseeing:

1. Rock Garden, Chandigarh (20 mins drive)
2. Rose Garden, Chandigarh
3. Banda Bahadur Sikh War Memorial, Mohali (10 mins drive)
4. Timber Trail, on the foothills of the Himalayas (45 mins drive)
5. Shimla (the Summer capital of the British Empire in India)- 4 hours uphill
6. Golden Temple, Amritsar (4 hrs drive towards the western Indian border)
7. The heritage train ride to Shimla from Kalka is recommended (5 hours to Shimla).
8. Stay at our villas in the Kasauli Himalayas (2 hours).
Ask the office for details.

Aftercare

HAIR TRANSPLANT



Pink Shampoo

Wet hair first with sterile solution (up to 5 days) and mineral water (from 6 to 12 days)

Apply pink shampoo(2-3 drops only) with a folded, sterile, saline-wetted gauze piece over the planted area and immediately wash it off by a strong jet of medical water (NS- Normal Saline – plastic bottles provided)

Make sure that all shampoo has been washed off.

Dab dry with sterile gauze. Allow hair to dry at room temperature or by standing under the fan for one minute. Do not use a hair dryer/ blower or dry your hair in the sun.

Now you are ready for the next step of antiseptic application.

Blue Antiseptic Spray

Make sure that hair is completely dry. Spraying antiseptic over wet hair reduces its efficacy. Close your eyes and cover them with hand towel completely. Hold the bottle vertical and keep nozzle directed towards procedure area. Press plastic nozzle and spray antiseptic over the area. You may require about 2-3 spray shots for the whole planted area.

Keep about Two feet distance from the surface while spraying. Allow antiseptic to evaporate in about a minute. Remove the towel and open your eyes. By accident if antiseptic goes in the eyes wash eyes immediately with lots of cold water and consult an eye specialist.

Aloe Vera Water Purple top

Remove the lid and open the jar.

Wash your hands with soap and water.

Shake them dry. Do not dry with towel. Make sure hands are completely dry.

From the spray small bottle apply antiseptic over the hand and fingers you are going to use for application of gel. Rub the antiseptic dry on your hands.

Wet your fingertips from the container and apply gently over the recipient area creating a very thin layer of wetness over the planted area only. Do not apply with cotton Gauze

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Use second finger if you require more aloe vera water. Please do not dip the same finger you have used before to get more liquid out of the container because this will contaminate the liquid for future use. Quantity of gel should be such that it will form a thin protective coat over the planted area. Allow aloe vera water to dry.

Wear the cap and you are ready to go to work.

Bandana / Cap

We request you to wear only our bandana as it is designed specially for your care. Use it only for out door activity. After 5 days wear a loose fitting baseball cap. If temple points have been done use a trucker cap only (this has a flat visor and the edges do not press upon the temple point areas)

Do not wear any woolen cap for 6 months.

Due to static currents inside the cap, thin hair will continuously get pulled out and result will take a longer time to appear.

Cap should not touch any planted area. Make sure the cap rests over your brow because if it does not, it is resting either on the planted areas over the hairline or the temple triangles. Wear it loose and do not press it tight across your head.

Remove it by lifting it from back to front as was demonstrated by the clinic for the bandana.

Foam - Gillette

Wet your hair first with normal saline/ mineral water. After having done the shampoo procedure and before drying the planted area apply a thin layer of foam with fingers. Apply it all over normal hair as well as over the planted and donor areas. Leave for two minutes. Wash off with mineral water or normal saline completely. Then dab dry with sterile gauze over planted and donor areas. Lift the gauze from back to front after dabbing. Dry at room temp or dry under a ceiling fan.

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Oozing

This normally occurs during first few hours or at the most on first day. (

a) From Plantation Area: As the roots are planted in the normal skin either on bald area or between hair with very fine blades, small amount of blood and serum oozes out- a drop from each site. For this we need to spray saline every 20 minutes on the evening after the procedure and every 2 hours the th next day onwards till morning of 4 day post procedure. (b) From the donor area: A dressing is applied. This dressing is removed on the second day after the procedure. The night after the procedure you can expect some blood staining of the applied dressing. This is normal. You have been provided a sterile towel in your kit to spread over the pillows used to lift up your head while you sleep. This towel shall prevent contamination of the donor area and will also prevent your donor area from staining the hotel pillows for which you may have to pay! (c) From single root in the planted area: Accidentally either due to scratching or increased blood pressure within the skin or by accidental injury while getting in/ out of the car, one or more planted roots may pop out. This may cause slight amount of oozing of blood from that particular hole & a streak of blood may come forward up to the forehead like water runs down the hill.

Do not panic

go near the bathroom mirror & try to locate the oozing spot and then with the tip of your clean forefinger exert gentle pressure right over the bleeding hole & hold the pressure for up to 5 minutes. Oozing will stop in natural course. Do not keep taking finger onto the hole every few seconds or minutes to check whether bleeding has stopped or not. Due to frequent checking at shorter intervals oozing may not stop & continue for longer time- so just press on the spot & wait patiently. Do not put too much pressure so that surrounding roots start popping out & create further bleeding. Once the bleeding has stopped, spray antiseptic over the oozing spot from 2 feet away. Do not make any attempt to replace out root on your own. On getting up the next morning, you may notice some blood stain over the dressing pad and over the pillow cover if you have not placed the towel properly. This will usually happen but is not alarming. The open pores of harvest (donor area) close completely in 12 hours time. 2. PAIN: Because of our advanced technology using cooling, acupressure, vibration & local anesthetic during the procedure, there is minimal discomfort. Our clients have claimed the procedure to be almost "Pain Free". Pain or discomfort at the site of operation after any procedure would be felt even when client comes out from general anesthesia. A little bit of discomfort is inevitable when you come out from the operation theatre but can easily be controlled with tablets taken as recommended by Dr Bhatti. Post procedure discomfort is maximally felt at the back of head after strip surgery and not after FUE. You will be very fresh the next morning when you come to the clinic at 9 AM/ or as advised by the staff.

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Swelling

After any type of surgery, normally body reacts and produces swelling of that particular area- this is a normal bodily response and it continues up to 3 days from the time of injury. In hair transplantation this area is on the top of the head. So some swelling of the scalp skin is bound to occur. The amount of swelling would greatly depend on number of roots planted, site of area, (Front or Back), size of area (large or small) skin laxity & individual body tendency to react against trauma. With lesser swelling there will be less tension leading to lesser pain and better healing. If the swelling is less in the initial phase it will resolve quickly. We recommend that at least first three nights the head should be higher than the level of your heart and to achieve this we request you to sleep in semi upright position for 3 nights after transplantation. You can use 2 large pillows which shall lift up your head to this position. If you have had grafts implanted into your earlier strip scar, you will need to use a travel pillow (not the hotel pillow) so that the head does not touch the pillow or bed. alternately, hotel towels can be rolled and used as a travel pillow. The swelling is more when more number of roots are transplanted in the front area in clients with lax skin. They notice a bump like swelling on the forehead usually appearing on the 2 /3 day after the procedure. This swelling is more bothersome to people who look at the client rather than to the client. PLEASE DO NOT APPLY ICE OR ICE PACK ANY WHERE We teach you how to shift the fluid side ways from the front of the forehead and prevent it from coming lower down below the eyebrows into the eyelids and between nose and the eyes. You are advised to press over the swelling against the forehead bone gently starting from midline going out wards (Not upwards towards the roots) maintaining uniform pressure taking time- up to 15 to 30 seconds each time. You may have to repeat this 20 times every 2 hours while awake. If gravity wins and the fluid is collected around and between the eyes, you are advised to leave the swollen skin alone and DO NOT PRESS OVER THE EYE BROWS ANY MORE. Any facial swellings below the eyebrows have to be left alone. This may result in giving you a 'Chineseeye' look for two more days till water runs down the cheek. First it will disappear from upper eyelids and then from lower eyelids. You may not have to restrict your reading, watching TV or other working activities due to swelling of eye lids.

Crusting

In hair transplantation hundreds of hair roots are planted in a very small area within close proximity. From each planted side a drop of blood and serum oozes through. So on day one the planted side looks like an area covered with red spots. As time passes by, the dried drop of blood & serum starts looking black & the whole area of planted hair is covered with a thin crust. Every day the whole area is soaked & cleaned with shampoo and antiseptic is sprayed over. As the planted area starts healing, the new hair continues to grow and lift the crust away from the normal skin.

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Scab falling with Grafts

Quite often between 5 & 10 post procedure days, one notices scab falling out from the hair. Sometimes this is accompanied by a small planted hair adherent to the scab. You will naturally worry and feel the planted hair has come out and have lost one root. In reality one can compare hair root with ice candy where the stick of candy is hair & ice-cream attached to the stick can be compared with soft tissue of hair root with stem cells attached to hair. Hair in the hair root acts only as a stand to keep the soft tissue in position during plantation. When the planted hair falls off the ice-cream like soft tissue remains buried inside the skin from which new hair will grow. Any hair falling off after 6 days of the procedure does not carry the root with it – so be reassured that the root shall grow a new hair, provided you are on medication advised.

During the course of recovery between 3 & 10 weeks, most of the planted hair fall out and the new spurt of fine soft hair is seen coming through the skin 14 weeks after plantation and that hair continues to grow at the rate of 1cm per month. The first result can be expected only at 24 weeks and no earlier than this timeline. 60-85% of the result in our practice is obtained at 6 months after the procedure and the remaining growth is mostly completed between 9-12 months depending on your age and other factors like medication.

Acidity & Stomach heaviness

Most of the medications used to control pain, swelling & infection after hair transplantation procedure can produce a feeling of acidity & heaviness in the stomach. Those, who commonly suffer from hyper acidity will be affected more. To prevent this we recommend you to take tablets at the exact time as shown in the timetable. Keep minimum interval of two hours between different tablets. We also request you not to take these tablets on empty stomach. Please have something to eat before taking medication. However in spite of all the measures if one develops acidity one is advised to take chewable tablet REFLUX FORTE from your local chemist as & when required. With each rd passing day, pain/discomfort is much reduced- after 3 day you are advised to reduce the dose of 3 tablets per day to 2 tablets & lastly once at night. In case of uncontrollable hyper acidity please stop all pain medications without worrying if it still persists see a physician.

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Tightness

Between 5 to 10 days after the procedure the crust starts cracking & is gradually washed out with the shampoo. One can move the tip of the finger slowly to remove the crust which is loose and hanging on the hair latest by the end of second week.

Most of the crust falls off and small stiff bristle (brush) like new planted hair is felt & seen growing through the normal looking skin. If one wishes to remove the dry black crust it can be safely removed mechanically by a special medical technique at the clinic by an expert or by gently moving the fine teeth comb through the planted area by yourself but this only after 2 weeks. Do not use Gillette foam, etc. after 2 weeks. Start the normal routine advised- Johnson Baby shampoo on alternate days with daily washing of the hair with tap water. after 2 weeks if crust persists, go under the shower, pour baby shampoo lather from a tumbler/mug on planted area & tease the crusts off with gentle rotatory movements of the fore & middle fingers together. 5. ITCHING: Itching is considered as a sign of healing. This starts any time after 5 days. Use of spray and aloe vera water over the planted area; and aloe vera lotion over donor area gives an extra healing touch and reduces itching. Irresistible 'sweet' itching can be tackled during the day time by gentle touch of pointed end of folded sterile gauze or hand-kerchief, but should not be tackled with finger nails. 6. NUMBNESS: On the day of the procedure, numbness over the plantation and harvested areas is produced by cooling, acupressure, vibration and local anesthetic. During the post procedure phase, numbness of the scalp on the plantation area remains because of internal swelling (edema). As days pass by, the numbness is reduced and the feeling of touch comes back gradually. Sometimes it takes around 12 weeks before it becomes almost normal. During this time you may feel that during combing or touching someone is touching the skin over a thick plastic sheet. Gradually as the internal swelling reduces, it will feel as if this plastic sheet is getting thinner & thinner with return of sensation. Even if the return of sensation takes place a couple of weeks later it is not a matter of concern. The sensation at times may take 3 months to return fully.

Tightness

As soon as the effect of local anesthetic wears off one begins to feel tightness. One describes this feeling as if skin is pinched tightly all the time- more of a discomfort than pain but this shall soon respond to medication.

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Sweating

Sweat gland & hair root are two different structures of the skin. Sweating from and around the planted areas is normal occurrence after hair transplantation procedure, because of external high temperature or following walking. If one notices excessive sweating, that is not harmful. Sweat will evaporate or will be washed away during the shampoo procedure. After all sweat is sterile and it only keeps the area wet. It is not harmful at all also, the skin is watertight at 36 hours from procedure.

Shedding

When root is transplanted with hair the cells revive and get nutrition from the surrounding tissue. You would naturally be keen to know when your hair would start growing. Planted hair which is about 1 mm in length can be felt like stiff stubble. Up to 3- 8 weeks after the procedure hair continues to grow longer with each passing day & you will feel happy about it. This happens because from the very next day the new hair starts growing under the planted hair, while the old hair is pushed up & up with time; this makes it look feel as if it is growing! Anytime between 3-12 weeks planted hair is more out than in the skin- and because of lack of support it falls off. When you notice this you shall be unhappy about the situation and naturally would start worrying. In reality new hair growth is occurring just under the skin and is not seen outside. After the 12 week, you will see the soft hair coming out through the skin and they continue to grow at the rate of 1cm per month.

DO NOT EXPECT ANY VISIBLE GROWTH TILL 24 WEEKS AFTER THE PROCEDURE IF YOU ARE BELOW 30 YEARS OF AGE AND 28 WEEKS IF YOU ARE OLDER.

COMBING

Most people opt to be trimmed before the procedure. However, if your hair has not been trimmed short, you may be allowed to comb your existing hair as there is no bandage or dressing. You are advised to keep the teeth of the comb away from the skin during combing avoiding direct contact of teeth with the planted area and adherent hair stuck around and over it. If you already have long existing hair we may show you a suitable combing style so that planted area becomes almost invisible- covered by surrounding existing long hair and it may look as if nothing has been done.

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Dos & Donts

AFTER THE PROCEDURE



1. Take your medication at specific time of the day as advised on the schedule.
2. Keep upright and sleep in semi setting position for minimum first three nights after the procedure so that head is higher than the heart.
3. Water the roots minimum every 20 minutes on the evening after the procedure till you sleep and every 2 hours the next morning onwards.
4. Spray antiseptic three times in a day (once in the morning after the shampoo after rd drying, second in the afternoon after lunch and 3 time in the evening after shampoo and drying). This should be done from arm's length away- 2 feet.
5. Restart your other medications at your routine time as you were taking them prior to the procedure.
6. Keep your eyes closed & covered with towel during antiseptic spray.
7. Take shower and tap water bath below shoulders only till 2 weeks.
8. Do continue your routine work or even brisk walk. you can do moderate workouts at 7 days and Cardio at 2 weeks.





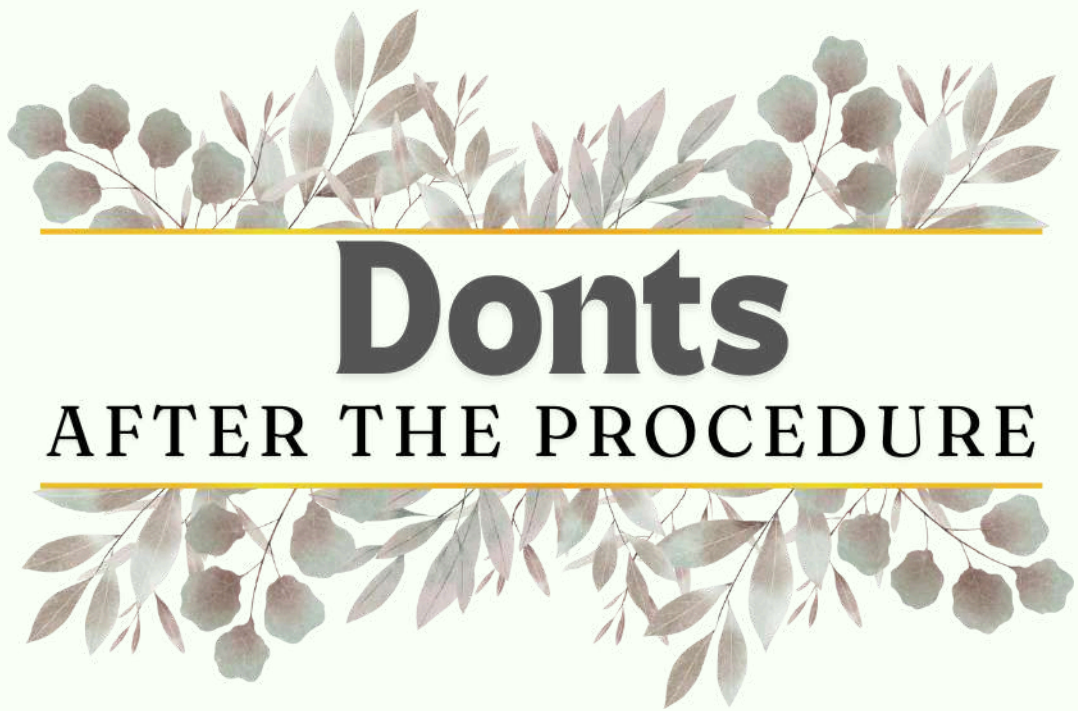
Dos & Donts

AFTER THE PROCEDURE



9. You may have normal sex life after 3 nights.
10. Do keep the procedure area covered with cap for all outdoor activities up to 3 weeks to avoid direct exposure of dust, heat and sunlight.
11. Keep pressing the forehead skin from midline outwards to prevent the swelling going into your eyes & shifting it to the side of the face.
12. While drying the planted area with swab after shampoo, dab dry backward to forward only and if your temple triangles have been worked upon, do this to top to bottom.
13. Do use a travel pillow if you have got a previous strip scar repaired lest it touches the pillow. In such cases you shall have to lie upright for 5 days.
14. Do not hesitate to call helpline in case of any query (9 AM- 5 PM) or in an emergency 24x7.Or best leave a whatsapp note or voice message.
15. Use sterile medical water provided in the kit for 5-days & then use potable mineral water. However since usually the medical normal saline water is left over, you can continue to use this till it finishes, after which you can start using mineral/ bottled water.

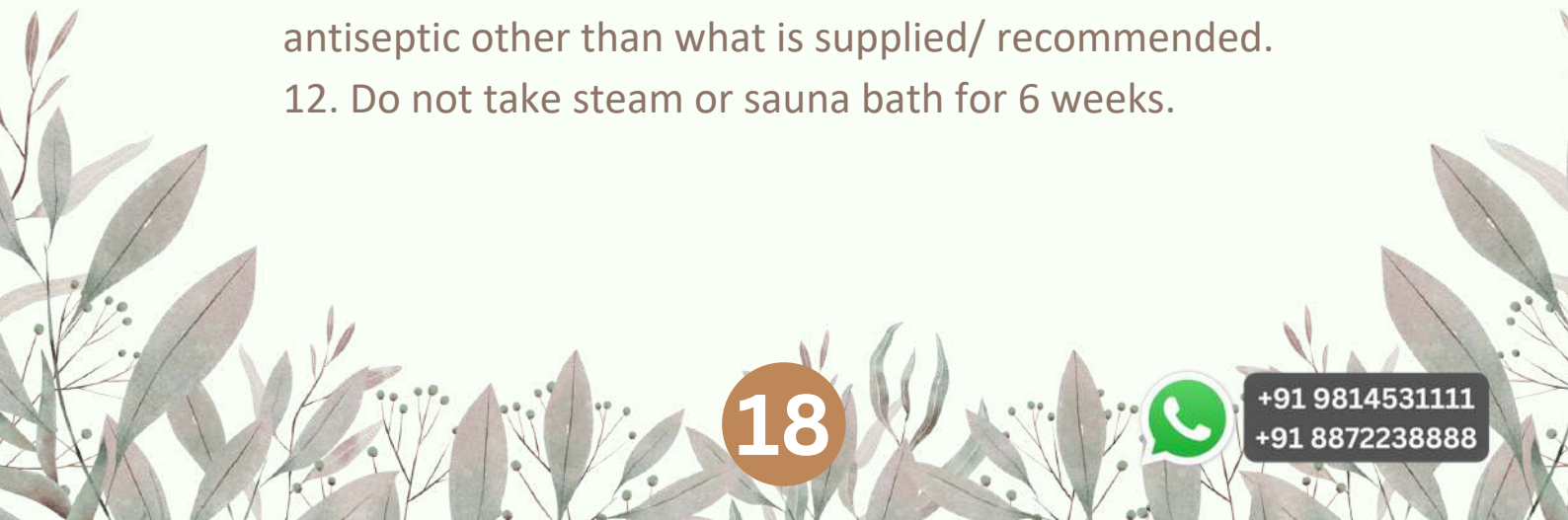


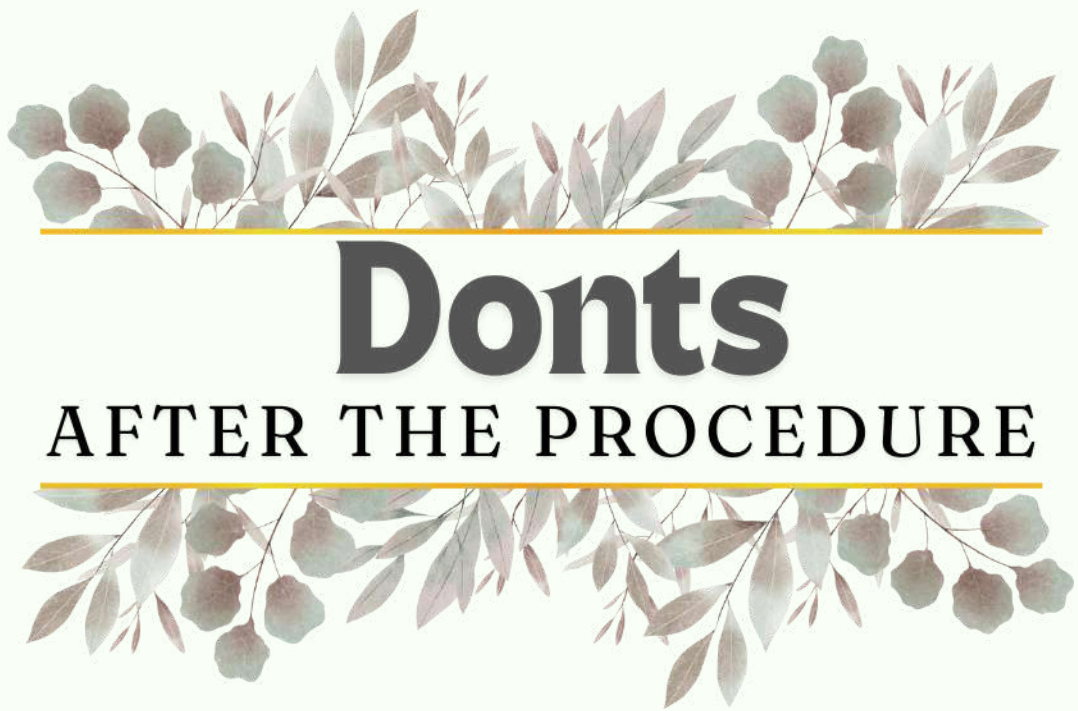


Donts

AFTER THE PROCEDURE

1. Do not sleep flat for the first 3 days.
2. Do not consume alcohol till 3 day.
3. Do not pour tap water over the procedure site.
4. Do not do heavy exercise, gym, aerobics, heavy weight lifting or yoga for one week.
5. Do not bend down or forward to tie your shoe lace or to pick up objects from the ground for the first 3 days.
6. Do not use hair dryer.
7. Do not scratch the procedure area with you finger-nail.
8. Do not allow teeth of your comb to touch the procedure area while combing.
9. Do not apply any ice or cold pack over the procedure area, forehead or any part of the face.
10. Do not stroke the planted area with gauze from forward to backward.
11. Do not use any shampoo, washing solution or antiseptic other than what is supplied/ recommended.
12. Do not take steam or sauna bath for 6 weeks.





Donts

AFTER THE PROCEDURE

13. Wear the bandana provided by us or a similar one like doctors wear can be ordered on Amazon. After 5 days are over, a loose fitting only cotton hat (trucker's hat) that does not press upon the temples is to be worn for 2 additional weeks while in the sun. Cap should not touch any procedure area. Wear it loose and do not press it tight across your head. Remove it by lifting it from back to front in the first week.

No turban for 8 weeks after the procedure.

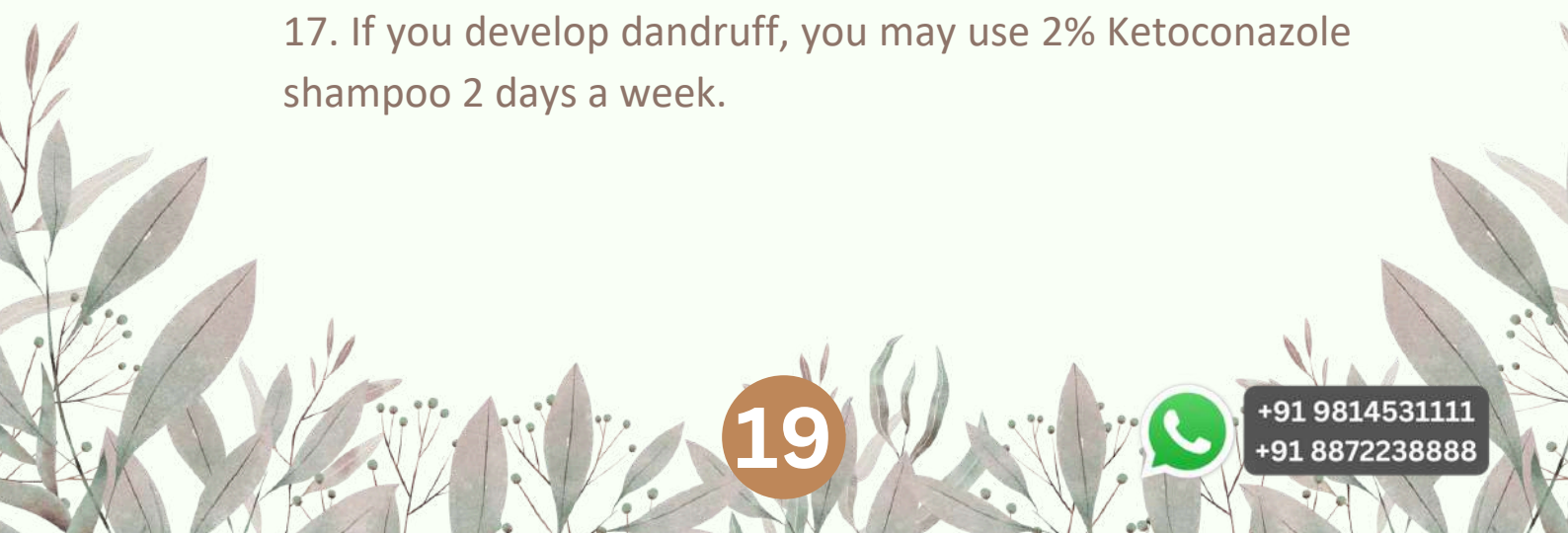
No helmet for 6 weeks after the procedure.

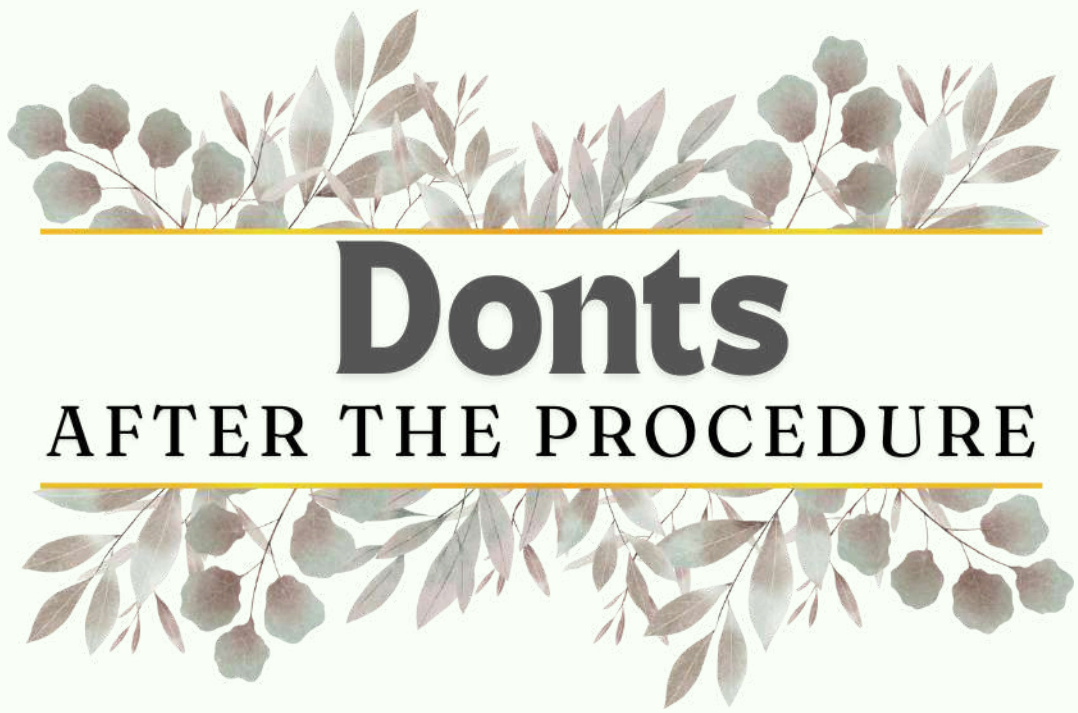
14. Do not go to the barber for 6 weeks after the procedure.

15. Do not color your hair for 6 weeks after the procedure.

16. After the first 2 weeks do not unnecessarily keep the hair covered with a cap. Give the planted hair some air for a healthy growth.

17. If you develop dandruff, you may use 2% Ketoconazole shampoo 2 days a week.





Donts

AFTER THE PROCEDURE

18. If the beard is the donor site, do not shave it for 3 days after the procedure. On 4th day you are advised to shave along the grain not opposite direction to hair direction.

19. Do not use shampoo more than on alternate days.

20. Do not wear the cap when on a long haul flight out of India since it will be uncomfortable. Tie a loose bandana over the scalp. it is provided.

21. Do not swim in a pool or in the sea for 3 weeks after the procedure.

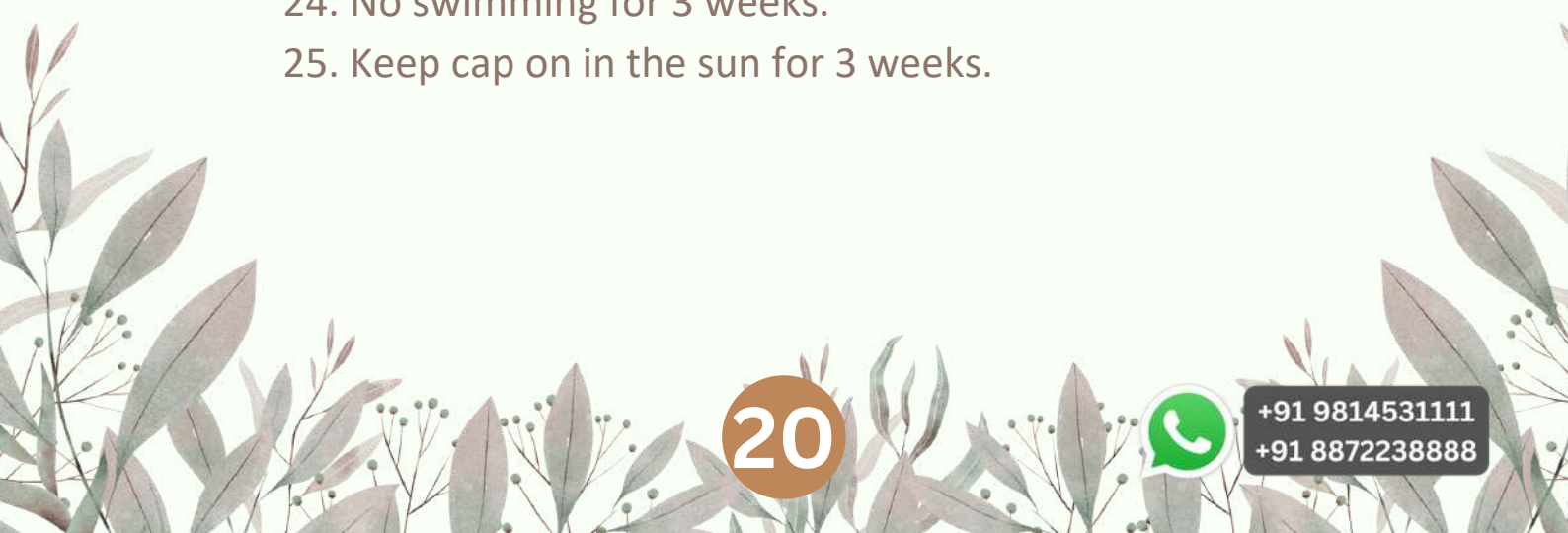
22. A window seat while flying home is safer. Luggage will not fall on the head nor elbow of the steward will accidentally land on the planted areas.

While disembarking, be the last passenger to do so- this avoids injury.

23. Do not smoke after a hair transplant.

24. No swimming for 3 weeks.

25. Keep cap on in the sun for 3 weeks.



Q & A



Ask me anything you
want.....



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FAQ

WHAT PHONE NO. SHOULD I CALL IN CASE OF EMERGENCY OR QUERY?

Our help line contact number is 9814531111. However, in case there is no urgency, best is to e-mail at dearbhatti@gmail.com. Mails are never missed. Phone calls may not get you to the doctor since he remains busy in the operation room the whole day.

WHAT THINGS CAN I CARRY IN HAND BAGGAGE DURING MY AIR TRAVELS? AND HOW DO I MANAGE SHAMPOOING DURING AIR TRAVEL?

You may not be allowed to carry any liquid medication, shampoo or solution for hair wash in larger quantity than 90 ml. So please put them in your check in baggage. We advise you to carry 10 ml antiseptic and saline spray with you.. You will be allowed to carry tablets for medication in cabin baggage. The prescription has been provided to you.



FAQ

WHAT DO I DO FOR IMMIGRATION CLEARANCE AT AIRPORT DUE TO MY CHANGED LOOK?

If you are traveling during 13 days of procedure post operative swelling on the forehead near the nose around the eyes or face or other part of the face may alter your physical appearance which may be questioned by an alert immigration officer at the port of entry. We advise you to collect a certificate issued by Dr Bhatti with seal & sign stating that you have undergone hair transplant procedure by him on the dates mentioned. Keep the certificate with passport henceforth till you get a new passport made after the present one expires.

THE SPRAY BOTTLE DOES NOT WORK. WHAT DO I DO?

Please interchange the nozzle with the other bottle; and we are sending you a replacement if you are still in Chandigarh/ Mumbai.



WHEN DO I START FINASTERIDE (PROPECIA), BIOTIN AND MINOXYDIL (ROGAINE)?

You can start Tablets Finasteride & Biotin immediately or after the antibiotics and pain killers have stopped (3 days after the procedure).

2% Minoxidil is to be started after 14 days and is to be applied over the planted area at night after washing the hair with plain water and drying with a clean towel. Please read detailed instructions contained in the carton before using Minoxidil. After 2 weeks, you can switch to 5% Minoxidil. The above medications shall continue till 6 months after the procedure. If you are travelling abroad you are advised to buy these medicines in India since they are much cheaper in India. However, please check expiry dates before you pay for the medicines. My office can help you in procuring these medications. The cost of these medications is not included in the hair transplant fees charged.

FAQ

I FORGOT ALL MEDICATION IN MY HOTEL ROOM. NOW WHAT?

You can buy the following from any large pharmacy (a) Pink shampoo- 2% Chlorhexidine gluconate (b) Aloe Vera Water- Aloe vera of 'Forever Living Products'. (c) Sterile gauze (d) Normal Saline

2 WEEKS ARE OVER AND THE CRUSTS ARE OFF. WHEN DO I APPLY BABY OIL/ 2% MINOXIDIL?

At night wash your hair with water (shampoo only if its due) and dry hair. Then apply a thin layer of 2% Minoxidil over the planted and other areas. Leave this on till morning when you wash it off under the shower, dry the scalp and apply just a few drops of baby oil to the planted area. The same process is repeated day after day till 6 months. 5% Minoxidil starts after 2 weeks of having used 2% Minoxidil.



FAQ

TODAY IS THE 7 DAY AFTER THE PROCEDURE. I WAS FINE EARLIER, BUT THE PAIN IN THE DONOR AREA WHEN I REST MY HEAD ON A PILLOW, DOES NOT LET ME SLEEP. WHAT DO I DO?

This is uncommon. Now that you have this issue, please read the instructions for management of pain on the reverse of the prescription sheet (overleaf). The pain will gradually pass away by 6-12 weeks of the procedure. Please take the following precautions

1. Sleep on a soft pillow.
2. Do not wear a tight fitting cap.
3. Do not get head massage done till 3 months after the procedure
4. Do not rub aloe vera lotion vigorously over the donor area

However if you are not doing any of the above please :

1. Tab Combiflam 1 tablet twice a day
2. Tab Alprax 1 tablet at night

If after 3 days of the above medication, the pain is still bothering you, please start the following for 7 day

Tab LYRICA (PREGABOLIN) 75 MG TWICE A DAY

Wish you a speedy recovery.



I ACCIDENTALLY SPILT THE ALOE VERA WATER WHILE TRAVELING HOME. NOW WHAT?

Use Baby Oil instead.

WHEN CAN I APPLY NOURISHING OIL TO MY HAIR?

After six months. But better still is to use hair conditioner after a hair transplant.

Hair oils are popular only in India.

Application of hair oils reduces the body's ability to secrete oil which is important for natural hair growth like nature wanted it to be. But it is your choice after 6 months following your hair transplant.

WHEN CAN I GET A HEAD MASSAGE?

Vigorous scalp massage can be done after 6 months. Head massage even after 6 months will break telogen hair and will decrease the density. It is not advised. Very gentle massage is fine.

FAQ

HOW DO I GROOM MY HAIR?

If your hair have not been fully trimmed, on the 5 day you can apply the Gillette shaving foam on the entire head, wait for 5 minutes and wash off with a strong stream of bottled/ RO water. This will clean the matted long hair like shampoo does. You can comb the hair without the teeth of the comb touching the planted area. This Gillette foam application can be done every day when you are applying it for removing the crusts on the planted area.

CAN I APPLY 10% MINOXIDIL?

You can apply any medication that is advised by your doctor, but only after 6 months of the procedure. However, 10% Minoxidil will cause more side effects like headaches and dizziness.

Please note that the dose response for 5% and 10% is similar.



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FAQ

CAN I TAKE PROTEIN SUPPLEMENTS?

Yes you can take protein supplements that do not contain whey protein after 6 months of the procedure only if your balding gene is inactive and you are above 35 years of age or else it will greatly cause further baldness in the native areas where hair transplant was not done and this will also take away from the present result.

I HAVE FINISHED MY MEDICATION COURSE FOR 6 MONTHS AFTER THE PROCEDURE. I WISH TO CONTINUE TAKING THEM TO PREVENT FURTHER BALDING. CAN YOU COURIER THE MEDICATIONS TO ME.

Since we do not have a drug license, it is not possible to do so. However if any relative/ friend/ colleague is coming to you from India, we can give him a prescription.



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