



Hair Transplant Post-Operative Instructions

Following these post-operative instructions will help ensure a smooth recovery and minimize scarring after your surgery with Dr. Kevin Caceres. Adhering to these guidelines can significantly enhance the healing process and improve the overall outcome of your surgery.

1. Pre-Operative Instructions:

- One Month Prior:
 1. Do not cut your hair short in the back. Leave it at least 1 - 1.5 inches long.
 2. If you have high blood pressure, please make sure you take your blood pressure medications daily. If your blood pressure is more than 160 on the day of the procedure the case will have to be rescheduled.
- Two Weeks Prior:
 1. Stop taking any NSAIDs such as Advil, Motrin, Ibuprofen, Celebrex, Aleve, Naproxen.
 2. Avoid alcohol.
 3. Discontinue the use of Rogaine.
 4. Avoid sunburns, overexposure to sun and tanning booths.
 5. Place your hand on the back of your scalp, move it up and down 30 times per minute for 15 minutes. Do this 2 times a day for 2 weeks prior to your surgery
- Night Before:
 1. Wash your hair with shampoo the evening and the morning of surgery.
 2. Do not apply hair spray, mouse or gel.

2. What to expect Post Operation:

- Bruising and Swelling: It is normal to have bruising and swelling at the graft site.
- Minor discomfort: It is normal to have minor discomfort or pain a few days after graft placement

3. Call Provider or Visit the Nearest Emergency Room:

- If you have severe pain that is not controlled by the pain medication that was prescribed.
- If you have severe or worsening swelling and bruising.
- If you have severe bleeding.
- If you have fevers above 100.3 F or swelling and redness of the scalp.

4. Graft Care:

- Bathing: Normal shower routine may be resumed two days after surgery
- Avoid Picking or Scratching: Do not pick at scabs or scratch the incision area, as this can lead to infection and increased scarring.

5. Activity Restrictions:

- Rest and Avoid Strenuous Activities: Give your body time to heal by avoiding heavy lifting (20 lbs.), vigorous exercise, and activities that could strain the surgical area for at least two weeks post operation.
- Gradual Return to Normal Activities: Gradually resume normal activities. Most patients take about a week off work or school. Patients returning to work must avoid heavy lifting and discontinue narcotic pain medication.
- No swimming: Do not go swimming for at least three weeks after surgery
- No hair dyeing: Do not dye or color hair for at least three weeks after surgery.
- Do not drive if taking narcotic pain medication.

6. Medication Adherence:

- Pain Management: Take prescribed pain medications directed to manage discomfort without overuse.
- Antibiotics: Complete the full course of prescribed antibiotics to prevent infection.

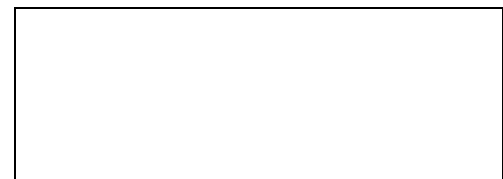
____Patient Initials

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- Other Medications: Follow instructions for any other medications prescribed, such as anti-inflammatories, anticoagulants, or antiemetics.
- 7. **Diet and Hydration:**
 - Healthy Diet: Eat a balanced diet rich in vitamins and minerals to support the healing process. Include plenty of fruits, vegetables, lean proteins, and whole grains.
 - Hydration: Drink plenty of water to stay hydrated, which aids in the healing process.
- 8. **Avoid Smoking and Alcohol:**
 - No Smoking: Avoid smoking, as it can significantly impair healing and increase the risk of complications.
 - Avoid Alcohol: Avoid alcohol consumption for at least two weeks post operation, as it can interfere with medications and the healing process.
- 9. **Follow-Up Appointments:**
 - Attend All Scheduled Visits: Keep all follow-up appointments with Dr. Caceres to monitor your healing progress and address any concerns.
 - Report Complications: Contact our office immediately if you experience signs of infection (e.g., increased redness, swelling, warmth, or drainage), excessive pain, or any other unusual symptoms.

Additional Tips

- Comfort Measures: Use ice packs as directed to reduce swelling and discomfort. Elevate the surgical area if recommended.
- Clothing: Wear loose, comfortable clothing that does not rub or irritate the surgical site.
- Emotional Well-being: Take care of your emotional health by getting adequate rest, managing stress, and seeking support from family and friends.

For any questions or concerns during your recovery, please contact our office at 727-870-3223 or email us at tc.ent.contact@entaaf.com. We are dedicated to supporting you throughout your recovery and ensuring the best possible outcome from your surgery.

MY SIGNATURE BELOW INDICATES I HAVE READ, UNDERSTAND, AND AGREE TO FOLLOW THE POST OPERATIVE INSTRUCTIONS STATED IN THIS POLICY.

Witness Signature

Patient / Agent / Guardian Signature

Date Signed

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