



FUE & FUT POST OP CARE

William J. Woessner MD

Exercise, Activity & Graft Care:

1. The graft area (recipient area) is vulnerable for the first seven days after surgery. Avoid strenuous and vigorous activity for the first 7 days. After 2 days, light jogging and lower body mild exercise is permissible. Pressure from the shower, etc is to be avoided during this time. The hair and scalp should be washed once or twice per day beginning on the second post-op day. Use a large cup filled with ordinary shampoo to pour onto the surgical areas, avoiding strong pressure from the shower. Drying can be accomplished by applying light towel pressure up and down – not side to side.
2. Sutured area/or graft extraction sites should be cleansed lightly with shampoo while showering on the second post-op day.
3. A common problem is bumping your head. Please be aware of your head in space as you walk about and especially when getting into a vehicle.

Sleeping:

1. Fluid may ooze lightly from the extraction site or surgical area during the first and second post op days. Applying light pressure by lying on a soft washable cloth or disposable pad will take care of this problem.

Clothing and Hats:

1. Do not wear knit hat stockings for the first week. These types of hats can stick to a graft and pull them out. Instead, use a ball cap or a handkerchief dew rag. It is important to put the bill of the hat on the forehead first and then pull the back of the cap down. Do not let the cap rub against the grafts.
2. The usage of hard hats, helmets, or even hair systems is discouraged for the first two weeks. Hair systems in particular even after the first two weeks should be discouraged altogether as these systems can retard or alter the yield of a transplant.
3. For the first 3 to 4 days after surgery please use button down or zipper shirts instead of pull over shirts such as t- shirts. This is to decrease the chance of accidentally pulling out the grafts during the first week.

Sun Exposure/Swimming/Scalp Care:

Avoid sunburns on your scalp at all costs during the first 10 days post-op. Hats are excellent for this.

Swimming is permissible after 10 days. Avoid head first diving for 3 weeks post operatively.

Alcohol and Cigarette intake:

Avoid applying any creamy ointments or gels to the scalp for 10 days post operatively. Do not adlib. Let your grafts and surgical areas heal naturally. Sutures are to be removed in 10 – 14 days post operatively unless dissolving sutures are utilized (at the patient's request). Moderation of alcohol or cigarette/tobacco post operatively is recommended.

After Hours Questions:

Call Dr. Woessner at one of the numbers provided to you by Dr. Woessner. These will include his home and cell phone numbers. During office hours please call (504) 525-5262.