



**Venkat Charmalaya**  
**Centre For Advance Dermatology**

**Dr.Venkataram Mysore MBBS.DVD.DNB. MD.DipRCPath (Lond) FRCP (Glasgow)**

**After going back:**

Please note that hair transplantation is a very predictable surgery; all postoperative events are already informed to you, so there are no surprises and hence there is no need for any anxiety. DO NOT BE WORRIED ABOUT PAIN AS IT IS NOT MUCH.

**On the day surgery:**

1. Have light food, your usual food, Rice, Dal, Chapatti, Rasam any non-spicy food. Don't smoke and don't drink alcohol.
2. Take medicines as per the prescription. All capsules to be taken after food or with a glass of milk- but not on empty stomach. Remember that Tramadol capsule is for pain. It acts about 4-6 hours- so you may need one more capsule at night. Do not hesitate to take one if needed. But take it after milk/food.
3. Be your usual self- bed rest is not needed- You may watch TV/Listen music/reading computer work is fin.
4. Avoid exertion.
5. Avoid Jerky movements of head. Avoid pressure on head
6. Go to bed early.
7. Use soft thin pillows. You may lay on the back of head. You may turn sideward's, but do not sleep with hand under head.
8. If you feel pain at any time, take one additional cap of tramadol, but with a glass of milk.

If there is any urgent problem beyond what is already mentioned, you may contact us on 23392788/23392416. After 8.00 pm. ONLY if urgent, call on 9845363520.

**Next day:** You need to come back for removal of bandage- you cannot remove this yourself. Time for this will be informed to you. Before coming, you can take bath for the body, but not for head. You can have breakfast as usual. Take capsules after breakfast. When you come to the clinic, our nurse will remove the bandage and show how to clean, how to shampoo. Always feel free to ask any doubts.

You may go to office if you feel like, **wearing a cap (any type of cap, which is not tight). You can drive.** Avoid exertion. You need to massage the forehead (as shown in clinic) 3 times a day, to prevent swelling of forehead

**Cleaning of grafts: After removal of bandage:** Note that moisture is very important for grafts; So, wet the hairs both in donor and recipient (grafts) area either by spray or by wet pad; don't be hesitant to put water; water should be clean; use mineral water or boiled cooled water; you may add a small amount of Johnson baby shampoo to the water. Do wetting as often as you can (2-6 times) for the first 4 days.

**First week:** Don't disturb the grafts by rubbing / combing. Rest of the scalp may be cleaned by baby shampoo if you wish; otherwise, water is enough.

**Second week:** Mild rubbing is allowed; you may apply oil if you want. Start using minoxidil lotion twice daily. Grafts fall off at this stage-don't panick. They will come back by 3-4 months

**Donor area:** also needs cleaning, with spray just as grafts. After cleaning, put T bact oint twice daily. **After one week, gently rub stitch area**, so that stitch becomes gradually loose. After two weeks, use hexilak cream.

**Exercise:** Walking is allowed. Neck stretching can put tension on donor suture area -hence neck-stretching exercises are to be avoided for up to three months. Swimming is allowed after 2 weeks.

**Postoperative swelling: This may appear in 5% of patients only,** on the forehead which may come down to eyelids on day 4/5. If so, do not worry, it will disappear in 2-3 days. Apply ice cubes as follows.

- a. Take ice cubes.
- b. Keep them in piece of cloth. If you do not have ice, take wet cloth in cold water.
- c. Keep the ice pack on the swollen area for 2\*3 minutes for 4-5 times for 2 days.

**Sutures:** Sutures can be removed any time after 10 days by our nurse; this is a simple painless procedure taking about 10 minutes. For those who are from outside Bangalore, absorbable sutures are put and these will be absorbed by 2 weeks.

**Hairs may start falling by 2 weeks. Do not panic- the roots are firmly in place. Some times, you may see whitish material sticking on to roots; don't worry about it. They will start growing by 3-4 month; you will see full results in 9 months.** Apply Minoxidil lotion twice a day 1ml and take tablet Finpecia after 1 week. Minoxidil may cause some dryness/dandruff; use a conditioner called Triflow or pantene.

Some patients may develop few boils on grafts area after 4-6 weeks. These are temporary-don't worry.

**NOTE: Some patients are too anxious to clean grafts; so they may see grafts with greenish brown material sticking to skin; this only needs proper cleaning. Note that after 7 days, rubbing is allowed.**

Do send your photos to our clinic on [mysorevenkat@gmail.com](mailto:mysorevenkat@gmail.com) or hotmail.com

**Any time you have doubts contact us by email or telephone if urgent; often patients leave Bangalore after surgery and the only means of communication is by telephone or email. Feel free to contact us at any time. Our staff will contact you for a feedback after one month and after 6 months.**

**After 9 months: ENJOY YOUR NEW LOOK AND BE HAPPY.**

[www.bangalorehairtransplant.com](http://www.bangalorehairtransplant.com) [www.bangaloreliposuction.com](http://www.bangaloreliposuction.com)