

Scalp Laxity Exercises

In Follicular Unit Transplantation your physician will obtain donor hair from a long, thin strip removed from the back and/or sides of your scalp. The procedure can most easily be accomplished when the scalp is moderately loose. It enables the surgeon to harvest more grafts. A tight scalp can be loosened using the following simple exercise.

- Place the palm of your hands on the back/sides of your head with your fingers pointing upwards and thumbs pointing towards each other.
- Move the scalp up and down as vigorous as possible using your palms and thumbs, with the fingers resting stationary on the top of your scalp.
- To stretch the entire donor area, use three different positions for the palm and thumbs:



Position 1 – palms in back of scalp with thumbs overlapping

Position 2 – palms on sides of scalp with thumbs touching in the back

Position 3 – palms and thumbs on the sides of the scalp

- Perform this exercise for 5 minutes at each of the three positions (for a total of 15 minutes) every evening at bedtime.
- Begin the exercise 8 weeks prior to surgery (when possible) and continue the exercise up to the day before your procedure.