

## Robotic Follicular Extraction (R-FUE)

TRANSPLANTED AREA	DONOR AREA	ACTIVITY RESTRICTION
<b>Day Following Surgery</b>		
<p>Take three showers the day following your procedure. Shower with warm water and mild water pressure. In addition, block the force of the water with your hand. Be sure only to pat the area with a sponge.</p> <p>DO NOT RUB, as this will dislodge the grafts. Be careful NOT to RUB the Transplanted Area for the first 10 days.</p>	<p>Expect some soreness and possibly some numbness.</p> <p>Remove your bandage and shower with warm water (not too hot). Gently wash the donor area with your hand using the shampoo that we have provided to you. The shower water may hit the area on the back of your scalp directly. If this is uncomfortable, turn down the water pressure or partially block the water with your hand.</p> <p>The purpose is to soak off the crusts from the donor area so that it will heal well. This may take 15 minutes or more in the shower. You will not hurt the area by using directly running water or by gently washing the area.</p> <p>After the shower, pat the area dry. Apply a thin petrolatum jelly (Vaseline) layer to cover the entire donor area.</p> <p>The petrolatum should be reapplied to the donor area throughout the day to keep the area greasy and to keep it from drying out.</p> <p>At night, this can be covered with gauze or Telfa pads attached with paper tape to keep the Vaseline from smearing on the pillow, or place a towel over your pillow.</p>	<p>Be careful around pets and children for the first ten days, as they may inadvertently dislodge the transplanted grafts.</p>

<b>Days 2-3</b>		
<p>Gently wash hair twice daily as instructed. Make sure you continue to dab and not rub. Use the gentle baby shampoo that we have provided.</p> <p>You may experience some numbness in the recipient area and this may continue for a few weeks.</p> <p>You may apply Vaseline LIGHTLY to the transplanted recipient area starting on DAY 3 after your surgery. This will help to prevent crusts from forming or soften crusts that have already formed. (It should only be applied to the recipient area after day 3, as this may cause the grafts to become loose and dislodge.)</p>	<p>Soreness in the donor and recipient areas should be gone. Some numbness may continue.</p>	<p>Continue to take it easy with day-to-day physical activity (can resume work, although you may not want to be client-facing for 10 days given the red and crusted scalp as well as potential facial swelling)</p>
<b>Days 4-9</b>		
<p>OK to wear loose-fitting baseball caps (avoid wool beanies that may cling to grafts).</p>	<p>In the donor area only, any residual crusting can be removed with shower water hitting it directly.</p>	<p>Defer flying until day 3 post-surgery (if possible).</p> <p>OK to return to the gym if careful not to hit or rub the transplanted area. Can resume light exercise with light weights or isolated leg exercises. May resume other light activities, i.e., it is OK to restart drinking modest amounts of alcohol and engaging in gentle sexual intercourse.</p>

<b>Day 10</b>		
<p>Transplanted hairs are permanent at 10 days post-op; OK to shampoo vigorously beginning day 11. (If you have a lot of scarring or sun damage, wait a few more days, as these situations make the grafts less secure.)</p> <p>Start using, or reusing, topical minoxidil.</p> <p>Ok to use cosmetic camouflage, tar shampoos, sunscreen to the scalp, and hair spray.</p>	<p>The area should appear normal other than the closely cropped hair and some residual redness and flaking.</p>	<p>You may now get a haircut.</p>
<b>End of Week 2</b>		
<p>The transplanted hair begins to shed.</p>	<p>Length of hair in donor area approaches that of a "crew cut".</p>	<p>Can restart smoking – but far better not to at all. Consider using this break to stop permanently!</p>
<b>End of Week 3</b>		
<p>The transplanted hair continues to shed. OK to get a haircut.</p>	<p>Donor hair length approximates that of a short hair cut.</p>	
<b>End of Month 1</b>		
<p>The follicles enter a resting phase. You will look very much like you did before the procedure.</p>		<p>You may dye your hair.</p>
<b>Months 2-5</b>		
<p>The newly transplanted hair starts to grow, initially as very fine hair. Some or all of the original hair that was shed begins to grow back.</p>		

<b>Months 6-12</b>		
Hair is groomable, but it continues to grow and thicken. Some textural changes in hair may be present but will return to original texture over time.		
<b>1 Year</b>		
Your one-year follow-up visit. 90% of the final appearance of the hair transplant can be appreciated. A second procedure may be considered at this time.		
<b>1-2 Years</b>		
There may be additional fullness. Any textural change in hair returns to normal. If there had been a wave, it will return.		