

Follicular Unit Transplantation (FUT)

TRANSPLANTED AREA	DONOR AREA	ACTIVITY RESTRICTIONS
Day Following Surgery		
<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, tightness, and possibly numbness.</p>	<p>Take it easy with day-to-day physical activity.</p> <p>Be careful around pets and children for the first 10 days as they may inadvertently dislodge the transplanted grafts.</p>
Days 2-3		
<p>Gently wash hair twice daily as instructed. Make sure you continue to dab and not rub. Please 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>Starting from Day 3 after your surgery, you may apply a small amount of Vaseline to the transplanted recipient area to prevent the formation of crusts or soften any existing ones. It is important not to apply Vaseline to the recipient area before Day 3, to prevent the grafts from becoming loose or dislodged.</p>	<p>Soreness in the donor area begins to lessen. Some numbness may continue.</p>	<p>You can resume work, although you may not want to be client-facing for 10 days given the red scalp, some crusting, as well as potential facial swelling you may have.</p> <p>You may travel/fly.</p>

Days 4-9		
<p>It is acceptable to wear loosely fitting, VERY CLEAN, baseball caps after your surgery. However, it is recommended to avoid wool beanies that may cling to the grafts.</p>	<p>Any residual crusting in the donor area can be removed with directly running shower water.</p>	<p>OK to return to the gym. Be particularly careful NOT to do anything that stretches or puts direct pressure on the back of your scalp. Controlled activities where the head is in a neutral position, such as push-ups or stair-master, biking, and running (if not too strenuous), are OK.</p> <p>OK to wade in the water with adequate sun protection (HAT ONLY). Do NOT submerge your head.</p> <p>OK to restart drinking modest amounts of alcohol and engaging in gentle sexual intercourse.</p>
Day 10		
<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>Soreness is generally gone. There may be some persistent numbness.</p> <p>Alternating staples will be removed from the donor area around day 10.</p>	<p>OK to get a haircut if your barber is very careful not to get caught on the staples. Also DO NOT cut your hair too short on the sides (so that the staples will be visible). To be sure, best to wait until three weeks after surgery (when all the staples have been removed) to have your first haircut.</p>
End of Week 2		
<p>The transplanted hair begins to shed.</p>	<p>Some numbness is possible, but this will gradually resolve.</p>	<p>Easy, short swims are OK, but be careful not to stretch the donor or overly hydrate the scalp (>10 min), as this may weaken the donor area.</p> <p>Can restart smoking if you must, but far better not to at all. Consider using this break to stop permanently!</p>

End of Week 3		
The transplanted hair continues to shed. OK to get a haircut.	Remaining staples are removed.	OK to dye your hair and get a haircut
End of Month 1		
The follicles enter a resting phase. You will look very much like you did before the procedure. You may dye your hair.		Normal swimming is OK.
1.5 months		
		Lifting that does not involve stretching the back of the neck or putting direct pressure on the donor scar. Deadlifting is OK if it follows these rules. If you notice any tugging on your scalp during an activity, immediately stop and take at least a week break before attempting to reintroduce the activity.
Months 2-5		
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.	Any residual numbness in the donor area has usually resolved.	Restart sports without contact, such as golf, tennis, and dancing. Yoga and Pilates OK, but start cautiously. Avoid very strenuous activities such as headstands or significant head flexion. OK to begin squats and bench presses. OK to ski, snowboard, and rock-climb.
Month 3		
The newly transplanted hair may start to grow (but this may take up to 6 months or longer), initially as very fine hair. Some or all of the original hair that was shed begins to grow back.		Ok to begin lifting that can involve neck strain or pressure on the back of the scalp (squats, bench presses) unless your doctor has mentioned that the scar has begun to stretch. Sports such as grappling and MMA should be avoided much longer.

Months 6-12		
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.	The donor area regains much of its strength.	
1 Year		
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.	The donor area has regained its strength and laxity.	
1-2 Years		
There may be additional fullness. Any textural change in hair returns to normal. If there had been a wave, it will return.		