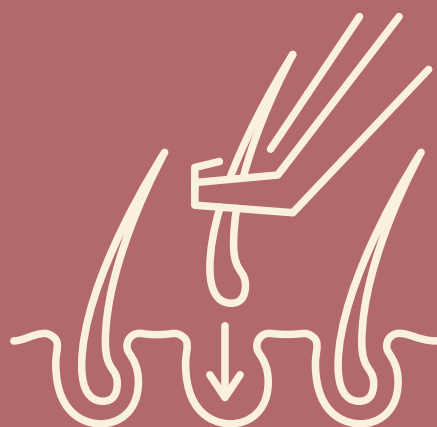




*PRE AND POST HAIR TRANSPLANT
PROCEDURE GUIDE*

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What Is A Hair Transplant?

A hair transplant relocates your own hair follicles from the back or sides of your scalp to thinning or balding areas. These hairs are resistant to future hair loss and grow naturally. Temporary shedding occurs before regrowth, with final results developing over 6–12 months.

TECHNIQUES WE USE

- **FUE (Follicular Unit Extraction):** Individual follicles are removed using a tiny punch ($\approx 0.8\text{--}1.2\text{ mm}$). Leaves small dot scars with faster donor healing. Best for short hairstyles and small-to-moderate sessions.
- **FUT (Strip Method):** A narrow strip of scalp is removed and closed with sutures, leaving a thin linear scar hidden by hair. Ideal for larger graft numbers and preserving donor supply for future procedures.

PROCEDURE OVERVIEW

- **Planning & Design:** Goals, hairline/eyebrow design, graft numbers, and photographs.
- **Anaesthetic:** Local anaesthetic; light oral sedation may be offered.
- **Harvesting:** FUE extractions or FUT strip removal. Grafts are prepared under magnification and kept cool and hydrated. Donor areas typically heal within 5–7 days for FUE.
- **Recipient Site Creation:** Micro-incisions are made to match natural hair direction and angle.
- **Graft Placement:** Single hairs at the hairline/eyebrow edges; larger groupings behind for density.
- **Discharge:** Same-day discharge with medications, a surgical cap, and aftercare instructions.

EYEBROW TRANSPLANTATION

COSMEX also offers eyebrow transplants using single-hair grafts taken from the nape or behind the ear. Hairs are placed to match natural direction and curl. Growth typically begins at 3–4 months, with full results by 6–9 months; trimming and occasional touch-ups may be needed.

RISKS

Possible risks include bleeding, infection, swelling or bruising, pain, numbness, poor graft growth, shock loss, scarring (linear or dot), cysts or folliculitis, ingrown hairs, and the need for future sessions. At COSMEX, careful assessment, precise technique, sterile protocols, and detailed aftercare help minimize these risks.



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1. Pre-Procedure Guidelines



TWO WEEKS BEFORE YOUR PROCEDURE

- FUT patients: Do not cut hair at the back; keep it 2–4 cm long to help conceal the suture line.
- Stop using topical products that increase scalp blood flow.
- If you colour your hair, do so within 1 week before the procedure (fresh colour improves visibility).
- Notify us immediately if you develop fever, cough, shortness of breath, or any infection before your procedure.



MEDICATIONS & SUPPLEMENTS

- Disclose all medical conditions and medication allergies.
- Blood thinners (e.g., apixaban, warfarin, clopidogrel) must be stopped with GP/specialist approval—inform us early.
- Minoxidil/Rogaine: Stop 2 weeks before; restart later as advised.
- Stop bleeding-risk medications/supplements 2 weeks before:
 - Aspirin, ibuprofen, naproxen, NSAIDs
 - Vitamin E, fish/krill oil, garlic, ginkgo, echinacea, green tea extract, primrose oil, turmeric
- Many cold/flu products contain NSAIDs—paracetamol is OK.



SMOKING, ALCOHOL & EXERCISE

- No alcohol for 1 week before and after surgery.
- No smoking or nicotine (including vapes, patches, gum) for at least 6 weeks before; ideally avoid for 12 weeks after to support healing.
- Avoid strenuous exercise:
 - 2 days before: rest and sleep well
 - 7 days before: no cardio, weights, or high-intensity training
 - Stop bodybuilding/thermogenic supplements 7 days prior



If you have any questions or concerns, please contact our office.



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2. Morning Of Procedure



SHOWERING & CLOTHING

- Get at least 8 hours of sleep the night before.
- Shower and wash hair with mild shampoo on the morning of surgery.
- Do not use gel, wax, mousse, or conditioner.
- Wear a zip-up or button-front shirt.
- Avoid perfume and jewellery.



FOOD & DRINK

- No fasting required.
- Eat a light breakfast (avoid greasy/fatty foods).
- No caffeine on the day.
- Bring lunch and snacks; there will be a lunch break.



ARRIVAL & WHAT TO BRING

- Arrive 10 minutes early.
- Leave valuables at home
- Bring essential medical items (e.g., inhalers, insulin, CPAP).
- Fill prescriptions beforehand and bring all medications.
- Phones must remain off
- Do not bring computers.

PROCEDURE DAY

- Duration: 5–10 hours, depending on graft numbers.
- Local anaesthetic used; light oral sedation if needed.
- Breaks allowed for meals and bathroom.
- Family/friends cannot stay during the procedure.
- You'll go home with aftercare instructions and a protective cap.
- Optional red light therapy the following day.



TRANSPORT HOME

- You cannot drive after the procedure.
- Arrange for a friend or family member to pick you up.
- Someone should stay with you for the first 24 hours post-procedure.
- Our team can contact your nominated person when you're ready.



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3. Post-Procedure Medications & Pain Management

This plan is designed to help manage post-procedure pain and support your recovery. Some discomfort is expected after a hair transplant, particularly in the first 24–48 hours, but this will gradually improve as you heal. While medication may not eliminate all pain, it will help keep you comfortable while minimising side effects. Light activity, such as walking, may also help with recovery.

For 7 days following your procedure, medications will be provided to help prevent infection, reduce swelling, and manage pain. If you have any medication allergies, please consult your doctor before taking them and follow the plan as directed for best results.

MEDICATIONS

Paracetamol (Panadol)	Ibuprofen (Nurofen)	Diazepam (Valium)	Prednisone (Steroid)	Keflex (Antibio tics)	Bactroban 2% Ointment	Saline Spray
500mg	200mg	5mg	25mg	500mg	15g	
Take 2 tablets every 6 hrs for 10 days	Take 2 tablets every 8 hours with food for 10 days.	Take 2 tablets daily for the first 2 days	Take 1 tablet daily for 3 days	Take 1 tablet daily for 5 days	Apply a small amount every 8 hours to the affected area	Use hourly for 48 hrs, then every few hours for 2 days, then switch to water for 7 days.

Note: Due to strict prescription regulations, we can only provide the prescribed amount. For refills, please consult your GP before your medication runs out.



SUPPLEMENTS FOR WOUND HEALING

Take 1000 mg Vitamin C 3x daily for two weeks to support healing. Zinc and Magnesium are also recommended. Antihistamines such as Telfast or Zyrtec can help to relieve itching. Consult your GP or pharmacist for proper dosages.



EMERGENCY CONTACTS

Business hours: (02) 9868 5155 | **After-hours:** 0404 666 101 | **Email:** info@cosmex.com.au

Emergency: Call 000 for severe bleeding, fever >38°C, chest pain, breathing difficulty, severe swelling, a foul odour or signs of severe infection, or dial the **Concord Hospital Switchboard** via (02) 9767 5000 and [ask for the Plastics Registrar on call](#), or go to your nearest Emergency Department.



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4. Post-Procedure Care Instructions:



IMMEDIATELY POST-PROCEDURE

- Apply cool packs to the forehead for 10–15 minutes each hour before bed for up to 48 hours to reduce swelling.
- Wear button-up or zip-up clothing; avoid pulling clothes over your head.
- Avoid tight hats for 14 days.
- Be careful not to bump your head; if bleeding occurs, apply gentle pressure for 5 minutes.
- Stop minoxidil for 3 weeks post-procedure.
- First 2 weeks: avoid direct sunlight, dust, sweating, and sunburn.
- Wear a hat if exposed to sun for long periods for 3–6 months.



WASHING & SPRAY CARE

- First 72 hours: shower body only; keep grafts dry and avoid direct water pressure.
- First 48 hours: keep grafts hydrated by misting with the provided spray every 15–60 minutes while awake.
- Day 2: remove donor bandage, clean gently with saline spray and baby wipes; apply Bactroban every 8 hours.
- Day 5: gently clean grafts by pouring diluted baby shampoo, then rinse with plain water. Do not rub or scratch; air dry.
- Day 10: after soaking, gently massage wet scabs to loosen them. Do not force scabs off earlier.



SLEEPING

- Avoid pressure on grafted areas.
- Sleep with your head elevated at a 45° angle, especially during the first week, to reduce swelling.
- Place a pillow under your knees for lower back support.
- Sleep on your back for at least 2 weeks.



ACTIVITY & EXERCISE

- First 72 hours: avoid physical activity, sexual activity, and bending forward.
- First 2 weeks: do not wear hats or caps post-procedure.

Light walking (helps to reduce swelling, but avoid sweating)	Day after your procedure
Desk work	2–3 days
Manual labour (excl. heavy lifting)	7–10 days
Heavy physical exercise / Swimming / Sauna / Helmets / contact sport (football, rugby, etc.)	3–4 weeks (scabs completely gone)



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5. What to Expect (Normal vs Concerning Symptoms)

Some temporary effects are part of normal healing and do not require intervention.

✓ NORMAL HEALING EFFECTS

- Cysts/folliculitis: Small pimple-like bumps as hairs emerge; usually self-resolving.
- Ingrown hairs: May occur during regrowth; gentle exfoliation after Day 10 helps.

WHAT TO EXPECT DURING RECOVERY

- Mild forehead/eyelid swelling or bruising (peaks Days 3–4, settles by Day 6).
- Redness or tightness in grafted area for up to 2 weeks.
- Light bleeding/oozing the first night.
- Itching or dryness as the scalp heals (use saline spray).
- Numbness or tingling near donor/recipient areas for several weeks.
- Scabs lifting around Days 7–10.
- Temporary shedding (shock loss) between 2–6 weeks.

⚠ CONCERNING SYMPTOMS (CONTACT US IMMEDIATELY)

- Worsening redness, pain, or swelling after Day 5.
- Pus, foul odour, or yellow/green discharge.
- Fever over 38 °C.
- Bleeding not stopping after 5 minutes of pressure.
- Severe one-sided swelling or bruising.
- Chest pain, calf pain, or shortness of breath.

If you experience any concerning symptoms **please call 000** or call the **Concord Hospital Switchboard at (02) 9767 5000** and ask for the Plastics Registrar on call, or go to your nearest Emergency Department.

6. Hair Growth Stages

STAGE	TIMEFRAME	WHAT TO EXPECT
Initial Healing	Days 1 – 10	Mild redness, tightness, and small scabs form; donor area may feel tender.
Shedding ("Shock Loss")	Weeks 2 – 6	Transplanted hairs fall out as follicles enter a resting phase. The follicles remain intact beneath the skin.
Early Growth	Months 3 – 4	They may appear soft, wispy, or lighter in colour initially.
Thickening Phase	Months 6 – 9	Noticeable increase in hair density and improved texture. The new hairs thicken and blend more naturally.
Final Maturation	12 – 18 months	Final result; grafts fully integrated and hair behaves normally.

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7. Scar Management



WHAT IS NORMAL?

- After FUE: Tiny dot scars in the donor area; usually invisible once healed.
- After FUT: A fine linear scar along the donor site, typically concealed by hair with trichophytic closure.



WHEN TO CONTACT COSMEX

- Scar remains red, thick, or itchy beyond 3 months.
- A lump, cyst, or tight band develops under the donor line.
- Treatment options may include silicone gel, massage, or laser revision.



SCAB SHEDDING

- Scabs form naturally around grafts—do not pick or scratch.
- Scabs usually shed 7–10 days post-op during washing.
- Crusting beyond 14 days may indicate dryness; increase saline spray to hourly or baby shampoo soaks to twice daily.



SUN PROTECTION

- Avoid direct sun for 3 months.
- Wear a loose-fitting hat if outdoors longer than 20 minutes.
- From 3 weeks, apply SPF 30+ sunscreen to healed areas daily.
- Sunburn early on can permanently damage grafts and cause pigmentation changes.



LONG-TERM HAIR GROWTH OPTIMISATION (6–12 MONTHS)

- Discuss a personalised maintenance plan with your GP.
- Options may include:
 - Nutrition: adequate protein, Vitamin D, B12, Biotin, Zinc, Iron.
 - Finasteride or Dutasteride (men): reduces further hair loss.
 - Minoxidil (men & women): topical or oral to support growth.
 - PRP therapy: strengthens follicles and supports recovery.
 - Stress management: good sleep and stress control aid regrowth.



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Thank you for diligently following these pre and post-procedure guidelines. Your commitment will greatly contribute to your quick recovery and achieving the best possible results.

If you have any questions or need further assistance, please don't hesitate to reach out. Your health and satisfaction are our top priorities.

EXCELLENT CARE, AUTHENTIC RESULTS.

