



**HAIR SURGERY Post-Operative Calendar**  
**Days 1-7**

Your Procedure Date: \_\_\_\_\_

|                        |
|------------------------|
| Total Amount Of Grafts |
|------------------------|

|  | <b>PROCEDURE DAY</b>  | <b>Day 2</b>                                      | <b>DAY 3</b>                                      | <b>DAY 4</b>                                      | <b>Day 5</b>                                      | <b>Day 6</b>                                      | <b>Day 7</b>   |
|--|---|---|---|---|---|---|--|
| FOLICAN<br>CONDITIONING<br>SHAMPOO<br>Twice a day                    | NO SHAMPOO  | Use pouring method                                | Use pouring method                                | Use pouring method                                | Use pouring method                                | Use pouring method                                | Baby shampoo or shampoo of choice<br>RX as directed by Doctor                              |
| Antibiotic<br>Ointment<br>Twice a day                                | Applied in the office prior to leaving. Leave on for 24 hours | Thin coat to suture line or donor site after wash | Thin coat to suture line or donor site after wash | Thin coat to suture line or donor site after wash | Thin coat to suture line or donor site after wash | Thin coat to suture line or donor site after wash | Every other day until sutures are removed. If you don't have sutures. Discontinue ointment |
| GRAFT<br>ENHANCEMENT<br>DAY SPRAY<br><b>Day Time Recipient site</b>  | Spray every 1-2 hours while awake                             | 15 sprays every 1-2 hours while awake             | 15 sprays every 1-2 hours while awake             | 15 sprays every 1-2 hours while awake             | 15 sprays every 1-2 hours while awake             | 15 sprays every 1-2 hours while awake             | Continue until bottle is empty   |
| GRAFT<br>ENHANCEMENT<br>NIGHT SPRAY<br><b>Evening Recipient site</b> | SPRAY AT NIGHT BEFORE BEDTIME                                 | 15 sprays before bedtime                          | 15 sprays before bedtime                          | 15 sprays before bedtime                          | 15 sprays before bedtime                          | 15 sprays before bedtime                          | Continue until bottle is empty   |
| Sleep  | At 45 degree angle, looking up                                | At 45 degree angle, looking up                    | At 45 degree angle, looking up                    | At 45 degree angle, looking up                    | At 45 degree angle, looking up                    | At 45 degree angle, looking up                    | Resume normal Sleep position   |
| Ice Packs  | On donor area only  | On donor area only                                | On donor site as needed                           | On donor site as needed                           | On donor site as needed                           | On donor site as needed                           | On donor site as needed  |

- Light walking in the first week, then moderate exercise. Resume normal activities after one week of procedure. Wear a hat and limit sun exposure for 3 months.
- Avoid hair products for 1 week. Avoid chlorine and hair color for 1 month. Resume Rogaine in 2 -3 weeks.
- **\* contact Dr. Porges at (954) 802-9242\***

Donor site: When washing donor site-gentle massage twice a day to remove scabs. When washing Recipient site twice a day- Pat dry and no massage to recipient site.



**HAIR SURGERY Post-Operative Calendar**  
**Days 8-21**

|   | <b>Day 8</b>  | <b>DAY 9</b>  | <b>DAY 10</b>   | <b>Day 11</b>   | <b>Day 12</b>   | <b>Day 13</b>   | <b>Day 14</b>  |
|---|---|---|---|---|---|---|--|
| SHAMPOO<br>Twice a day<br><br>Using Baby shampoo or shampoo of choice<br><br>Use pouring Cup method | Baby shampoo or shampoo of choice<br><br>Use pouring Cup method | Baby shampoo or shampoo of choice<br><br>Use pouring Cup method | Baby shampoo or shampoo of choice<br><br>Use pouring Cup method | Baby shampoo or shampoo of choice<br><br>Use pouring cup method | Baby shampoo or shampoo of choice<br><br>Use pouring cup method | Baby shampoo or shampoo of choice<br><br>Use pouring method | Wash normal<br><br>Add ketoconazole shampoo. Repeat ( 3 ) times a week massage lightly and rinse off with normal shower pressure until one month follow up |
| Antibiotic Ointment<br><br>Twice a day  | Thin coat to suture line or donor site after wash               | Thin coat to suture line or donor site after wash               | Thin coat to suture line or donor site after wash               | Thin coat to suture line or donor site after wash               | Thin coat to suture line or donor site after wash               | Thin coat to suture line or donor site after wash           | Every other day until sutures are removed. If you don't have sutures. Discontinue ointment   |
| SALINE SPRAY<br><br>*donor area as needed for itch  | Recipient area spray at least 4 times a day                     | Recipient area spray at least 4 times a day                     | Recipient area spray at least 4 times a day                     | Recipient area spray at least 4 times a day                     | Recipient area spray at least 4 times a day                     | Recipient area spray at least 4 times a day                 | Recipient area spray at least 4 times a day<br>Then stop   |

**Day's 7-14** Donor site: When washing donor site-gentle massage twice a day to remove scabs. Continue Polysporin to donor only twice a day. When washing Recipient site twice a day- Pat dry and no massage to recipient site.

**Day's 14-21** Continue current calendar until day 21 as advised by doctor for 21 day suture removal