

HAIR SURGERY Post-Operative Calendar

Days 1-7

Your Procedure Date:			
Tour Procedure Dute.	Total Amount Of Grafts		

	PROCEDURE DAY	Day 2	DAY 3	DAY 4	Day 5	Day 6	Day 7
FOLICAN CONDITIONING SHAMPOO 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 RX as directed by Doctor
Antibiotic Ointment 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	Every other day until sutures are removed. If you don't have sutures. Discontinue ointment			
GRAFT ENHANCEMENT DAY SPRAY Day Time Recipient site	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 ENHANCEMENT NIGHT SPRAY Evening Recipient site	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			

- 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*



HAIR SURGERY Post-Operative Calendar

Days 8-21

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

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