

# Post-Op Instructions - FUE

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**WARNING! Do not drive, ride, or otherwise put yourself in any position where alertness and balance are essential while you are taking your postop medications, including but not necessarily limited to pain pills, muscle relaxants, sleeping pills, anti-itch pills, and the like. All your medications should be taken with a little bit of food to avoid nausea or upset stomach.**

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You have probably been given prescriptions before your procedure which you should bring to the office. It is very important that you bring your medications to the office as we will need to use the Mupirocin ointment on your grafts once your case is completed.

In the event that you frequently suffer from nausea, inform the doctor so he can add a prescription for anti-nausea pills (Zofran).

Note that you should never put ice on your grafts. You can apply ice packs to the lower half of your forehead postop if you have swelling of the forehead.

## Care of Grafts and Donor Area

### THE FIRST 48 HOURS

Leave your head entirely alone and shower from the neck down. Leave the ointment on your grafts that was put on before you left the office. At the end of 48 hours, go stand under your shower with medium temperature and full strength. Let the shower run directly on your grafts which are on the top and sides of your head. The ointment will wash off as it is water miscible. When you are done, blow dry your hair and head and apply new ointment gently to the grafted area. Note that the donor area will all be sealed up at the 48-hour point and thus will not require any additional ointment or bandages.

### HOURS 48-72

You will repeat the shower and application of ointment after the shower at the 72-hour point. Thus, there are two times that you apply the new ointment after showering, and those are at 48 and 72 hours.

### FOURTH DAY

You can resume normal showering and also send a selfie picture to doctor's cell phone once you have completed your shower. That cell number would be (949) 220-4160. Dr. Elliott will advise you if there is anything out of the ordinary.



Recommended vitamins  
(Dr E. uses these products himself)

**FOLLOW-UP:** Selfie pictures on Day 4, and again at five months, to Dr. Elliott's cell phone number (949) 220-4160.

**ACTIVITY:** Avoid any activity that may result in hitting your head, such as contact sports, piggy back rides for kids, etc. Be careful getting into and out of cars.

**WEIGHTLIFTING:** After the first 5 days, weightlifting can be resumed. Cut back 25% and work back to normal weights in a week.

**EXERCISE:** Jogging, running, golfing, tennis, etc. is OK – AFTER 5 days.

**SWIMMING:** In pool after 7 days or in ocean/lake after 14 days. Always shower/shampoo after swimming.

**AVOID SUNBURN:** Use hat or sun block outdoors for 30 days in summer. Wear a freshly-washed hat when outside for 2-3 weeks.