



# Bédard Hair Grafting Clinic

## POST OPERATIVE INSTRUCTIONS Hair Transplant

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Next day	You can and should wash your hair (with mild shampoo), without rubbing the grafts.
2 days following surgery	NO aspirin or alcohol. NO bending over. NO exertion.
7 days following surgery	NO strenuous physical activity (jogging, tennis, diving).
10 days following surgery	DO NOT TRY TO REMOVE SCABS COVERING THE GRAFTS. After 10 days, while shampooing, help the scabs to fall by lightly massaging them. DO NOT use your nails.
14 days following surgery	NO violent physical activity (hockey, weight lifting) NO hard hat NO vaccination

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### **In case of bleeding :**

1. Take a few sponges given to you at the Clinic and apply them over the bleeding area. Exert a light pressure with the palm of your hand for a minimum of 10 minutes without interruption. Remove gently.
2. If bleeding continues, apply extra pressure by wrapping the elastic bandage around the head as shown to you on the DVD. Keep the bandage for a minimum of 20 minutes. Remove gently.
3. If bleeding persists, call your surgeon :

( SURGEON'S NAME                      EMERGENCY NUMBER )