### MEDICATION AND HAIR PRODUCT RECOMMENDATIONS

#### SHAMPOO AND LOTION FOR HAIR WASH

Given to all patients after the operation. Lotion should be applied to the recipient and donor areas by gently tapping. One should wait for around 15-30 minutes to wash it off with lukewarm water and shampoo. Please avoid scratching the recipient area and be very careful with the towel. Hair wash should be performed every day until all scabs fall off. If donor area feels dry in between the washes, one can apply a thin layer of the lotion to calm it down. No washing is needed in this case.

#### SCAREX OR CONTRACTUBEX CREAMS

It is used for diminishing the scarring in the donor area. It can only be applied to the donor area(s) where the grafts were extracted from. It should be used 2 times a day. Can already be used 14 days post-op.

#### ANTIBIOTICS USE AFTER HAIR TRANSPLANTATION

Antibiotics are usually prescribed right after the surgery for the duration of 3-5 days. They is used for preventing possible infections and ensuring a smooth healing progress.

Antibiotic cream (Fusidin or Bacitracin) might be needed sometime during the recovery progress. When pimples or bumps are noticed in the recipient or donor areas, this cream should be applied directly on the inflamed areas.

#### FINASTERIDE (PROPECIA 1 MG OR PROSCAR 5MG)

Will be prescribed if necessary. It is used to make weak hairs stronger and to minimize future hair loss. Also, used for minimizing shock loss after the operation. Patients might notice a decrease in libido. This rare side effect is temporary and goes away after quitting the pill.

Proscar 5 mg – consumed ¼ pill daily.

Propecia 1 mg – consumed 1 pill daily, preferably at the same time each day.

#### MINOXIDIL (5% OR 2%) – SPRAY OR FOAM

Will be prescribed if necessary. Male patients should use 5%, whereas female clients should choose 2% version. Used for minimizing hair loss of native hairs and speeding up the regrowth of transplanted grafts.

Minoxidil can be used 1 month after the transplant operation, when the recipient and donor areas are completely healed.

#### BIOTIN (FOOD SUPPLEMENT)

Biotin is well known for its positive effects on hair. It is is often recommended as a dietary supplement for strengthening hair and nails. Should be used for at least 6 months after the transplant. No prescription in needed for Biotin, it can be freely purchased at any pharmacy.

#### DERMAROLLER

The derma roller for hair regrowth helps regain hairline and other kinds of hair loss, This device is used for massaging the scalp for better blood circulation. The tiny punctures due to derma rolling your scalp activates hair cells and help in regeneration. It can be prescribed if necessary and will be only used 45 days post-op, 2 to 3 times a week.