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L O N D O N

HAIR WASHING PROTOOL

DAY-BY-DAY INSTRUCTIONS

UNDERSTANDING THE PROCESS

Hair washing is important in your recovery after surgery. Following this guide will help reduce the visual signs of surgery in the best possible way. Good hygiene also reduces the risk of infection.

The scabs which form around the newly transplanted hairs will dry out and harden. Using water can keep the scabs soft and make them less stuck to the skin. This means they are more likely to fall off when ready, usually 7-10 days after surgery.

Whilst these hair washing instructions are designed to help remove the scabs, you should not attempt to actively pick them off. This risks removing the transplanted grafts below the skin, especially if attempted too soon after surgery.

Please follow these hair washing steps as closely as possible. Some people think that by delaying these steps they are being “cautious”. However, such delays may impact recovery negatively. The Surgeons at TTR have meticulously designed this aftercare process to factor in a layer of caution.

More information about hair washing techniques can be found [here](#)

D1

PROCEDURE DAY

DONOR AREA

On leaving the clinic your donor site will be covered by a bandage. This should be kept in place with nothing to do. You may experience some oozing through the bandage which is expected. Use the absorbent pad provided to cover your pillow at night.

RECIPIENT AREA

The recipient site remains uncovered. If it is safe, you may be able to wear a cap to cover the recipient site for your journey home. You will be shown how to safely put on and remove the cap. Once removed at home, please avoid wearing the cap in the first three days after surgery.

Immediately after the procedure you should start spraying the **recipient area** with the **saline spray bottle** (provided in your post op pack). Spray with 5-6 sprays, 15-20cm from the head and every 30 minutes until you go to bed. You do not have to spray at night but can do so should you wake up. You cannot overspray but do ensure the spray nozzle is set to a ‘mist’ so as not to ‘jet spray’ any hairs out. Extra saline is provided as a refill in a separate bottle should you need it.

DAY-BY-DAY INSTRUCTIONS

D2

Day 2: At this point, the grafts are extremely delicate. Careful attention should be taken not to dislodge them. You will still have the bandage on in the donor area which may have some ooze on it.

DONOR AREA

You can remove your bandage from the **donor area** the following afternoon from surgery. To do this comfortably soak the bandage with a slow running lukewarm water from a handheld shower-head. Once the bandage is removed you may start washing the **donor area only**, with **baby shampoo**. Use the flats of your hands to massage a small amount of baby shampoo into the scalp, do not use your fingernails. It is normal for the first wash to sting. Use the absorbent pad to cover your pillow at night as there may be oozing from the donor site. There is no need for further bandages.

RECIPIENT AREA

Continue to spray the recipient area every 30 minutes with the saline spray. When washing the donor area, ensure the water is not hot or under high pressure, so even if it does contact the recipient area this will not be problematic.



D3

Day 3: The grafts are still extremely delicate. Careful attention should be taken not to dislodge them. The donor site will start to heal with small bits of crust forming in the holes.

DONOR AREA

You should wash the **donor area only**. Use the same technique with baby shampoo and the flats of your hand. Continue to use slow running lukewarm water from a handheld shower-head.

RECIPIENT AREA

Continue to spray the recipient area every 30 minutes with the saline spray. Avoid any contact with hot water or water under pressure when washing the donor area.



DAY-BY-DAY INSTRUCTIONS

D4

Day 4: The grafts have now started to embed into the surrounding tissue although this is not complete, and care should still be taken not to dislodge them. The scabs will have started to harden and dry out. The donor site will be relatively well healed with only a few signs of surgery.

DONOR AREA

Using the same technique as previous, you should wash the donor area.

RECIPIENT AREA

As the scabs harden and dry out steps should to be taken to keep them soft (if you have a bathtub look at the additional tip below). You can do the first gentle wash of the recipient site. Carefully rinse the area with slow running lukewarm water from a handheld shower-head. Take a jug of lukewarm water and mix in some baby shampoo to create a foamy mix. Pour this carefully over the recipient area to soak through the scabs. Then do another rinse of the recipient area. You may repeat this process twice. Do not touch the recipient area with your hands during this wash.

ADDITIONAL BATHTUB TIP

If you have access to a **clean** bathtub this can be used to help soak and soften the scabs prior to recipient area washing above. Run a warm (not hot) bath and add Epsom salts. Safely submerge your recipient area for 10-15 minutes to allow the grafts to soak. Immediately after this, continue with the recipient area hair washing step for this day.

D5

Day 5: The grafts are now well embedded into the skin although general care should be taken. The scabs will start to become disconnected from the skin which has healed below. The donor site in most cases will appear well healed.

DONOR AREA

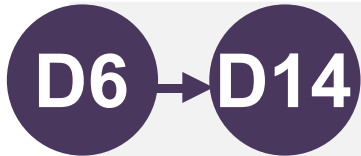
Using the same technique as previous, you should wash the donor area. You may start to experience sensitivity in this area for which aloe vera gel or cream applied liberally is helpful.

RECIPIENT AREA

Follow the steps from day 4 to keep the scabs soft (including the bathtub tip above). On this second wash you can start to apply gentle pressure with the flats of the hands. Initially you can carefully rinse the area with slow running lukewarm water from a handheld shower head. Take a jug of the lukewarm water and mix in some baby shampoo to create a foamy mix. Pour this carefully over the recipient area to soak through the scabs. Use the flats of the hands to massage in the baby shampoo mix. Then do another rinse of the recipient area. You may start to see a few scabs washing away. You may repeat this process twice.



DAY-BY-DAY INSTRUCTIONS



Day 6- 14: The grafts are now well embedded although general care should still be taken. The scabs will become further detached from the skin. The donor site in most cases will appear well healed.

DONOR AREA

Using the same technique as previous, you should wash the donor area. You may start to experience sensitivity in this area for which aloe vera gel or cream applied liberally is helpful.

RECIPIENT AREA

Follow the steps from Day 5 to keep the scabs soft (including the bathtub tip above). In addition to this, you can start to gradually build the pressure using the flats of the hands to dislodge the scabs. You may also massage baby shampoo directly into the recipient area without mixing it in water. You should start to see scabs wash away so that you are scab free by day 14.

In some cases, the scabs may have detached from the skin but remain “hooked” onto the hair shaft. Gentle massage in the direction of the hair shaft away from the skin will encourage the scab to wash away. Remember do not attempt to pick the scab.



Day 14: You should now be scab free in the recipient area with the transplanted hairs visible. The donor site will be well healed.

DONOR AND RECIPIENT AREAS

You can now wash these areas normally with your usual shower heat and pressure. You can also start to use normal shower products to include shampoo and conditioner. Do not continue to use the baby shampoo as this no longer serves a benefit for your skin. You can use your hands to wash your hair and apply normal pressure to the scalp.

If you are not scab-free by day 14 this suggest that you have been too gentle in your hair washing process. At this stage you should be more confident in massaging the scabs with a view to freeing them up from the skin, but do not actively pick them.



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