

## 6 MONTHS

**NEW HAIR** continues to emerge as the transplanted follicles progress toward their peak production. About 60% of the final density is visible.

**RECOVERY** of the post-operative shock loss is well under way and will continue to improve for another 6 months.

## 8 MONTHS

Time to make your 8 month follow-up appointment with Dr. Niedbalski. Call 253-572-2949 to schedule.

## 1 YEAR

**CONGRATULATIONS!** Your hair growth has reached a point where it is time to discuss your next steps. At your 1-year follow-up appointment, you and Dr. Niedbalski will talk about how to protect and maintain your hair restoration investment over the years to come.



**Northwest Hair Restoration** is a team of dedicated professionals committed to listening to each patient's unique needs regarding their hair. Dr. Niedbalski recommends hair maintenance and restoration solutions to address the progressive nature of hair loss. Hair restoration is not addressed in a single event as hair loss will continue. We care about meeting your ongoing goals for thriving, natural looking hair and are committed to your complete satisfaction. Establishing a relationship with Dr. Niedbalski will help you maintain your hair over your lifetime.



**Tricomin**<sup>®</sup>  
Advanced Care for Thinning Hair

**NORTHWEST HAIR RESTORATION**  
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**WHAT TO EXPECT**  
Dr. Robert Niedbalski



# HAIR RESTORATION

## WHAT YOU CAN EXPECT AFTER YOUR PROCEDURE

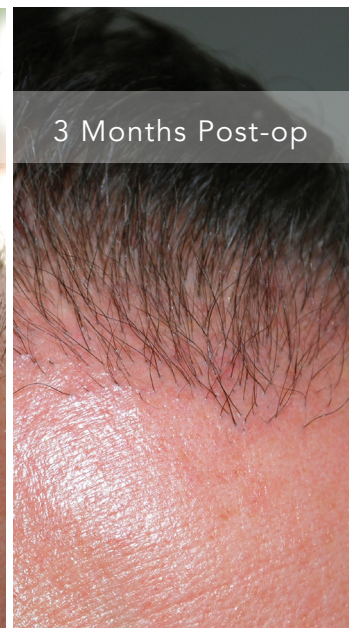
We are committed to walking you through each step of this process. Dr. Niedbalski has designed a comprehensive follow-up protocol so you can expect us to be in contact with you frequently to check on your progress and respond to your questions. Maintaining consistent follow-up visits with Dr. Niedbalski is important to ensure your expectations are being met.



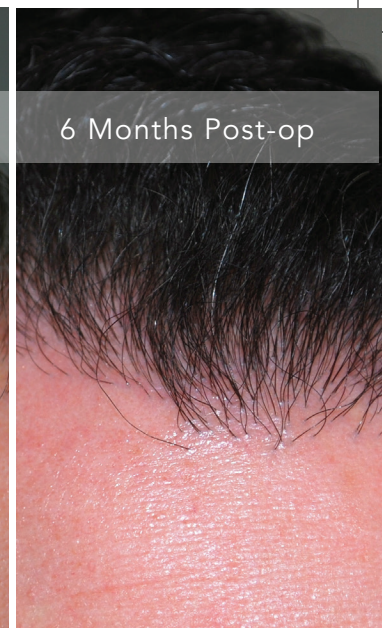
Day of Surgery



One Week Post-op



3 Months Post-op



6 Months Post-op

## 1 WEEK

**SWELLING** is to be expected after surgery. Typically, it is not noticeable until 2-4 days after surgery and will affect your forehead, bridge of your nose and occasionally your eyelids. Rest assured that swelling is part of the healing process and will not adversely affect the outcome of your hair restoration procedure. You can minimize swelling by performing frequent forehead massages and avoiding vigorous exercise for the first 5 days.

**CRUSTS** (scabbing) will form on each transplanted follicle and will naturally begin to fall off about a week after surgery. Picking or scratching crusts will damage the graft and may cause a scalp infection. Following the post surgical hair wash instructions will protect the grafts and encourage the crusts to come off as soon as they are ready. As the crusts fall off, they may have a hair attached. Don't be alarmed – you didn't lose a graft; the follicle root is intact in your scalp.

**NUMBNESS** and/or altered sensitivity in the donor and transplanted areas of your scalp is normal. This usually resolves in the first 4-6 months after surgery.

**SUTURES** should be removed 10-14 days after your procedure unless otherwise directed by Dr. Niedbalski. An appointment will be scheduled for you. Apply antibiotic ointment to the suture line after each hair wash until your suture removal appointment. Continue to apply antibiotic ointment to the area daily for another month.

## 4 WEEKS

**SHEDDING** of transplanted hairs as well as some of the surrounding non-transplanted hair is to be expected in the first month. This post operative shedding phase will begin to grow back in the next few months.

**ITCHING & NUMBNESS** will continue to slowly improve as the surface nerve endings of your scalp heal from the surgery.

**REDNESS** of the scalp in the transplant areas is a healing response and will gradually fade in the next few weeks as the grafted follicles become established.

**SHAMPOO AND CONDITION** your hair as often as you normally did prior to your procedure. Dr. Niedbalski recommends using Tricomin products because they contain copper peptide, which promotes a very robust microcirculation around the transplanted hair follicles. The healing phase of your hair restoration lasts 8-10 months. Ask about special savings on all Tricomin products for surgery patients.

**MINOXIDIL** and laser caps/helmets should be restarted 2 weeks after your surgery. Continued and regular use will help minimize post operative shedding.

## 4 MONTHS

Time to make your 4 month follow-up appointment with Dr. Niedbalski. Call 253-572-2949 to schedule.

**SCHEDULE** a follow up visit with Dr. Niedbalski to assess your progress and answer your questions.

**NEW HAIR** is emerging daily. Roughly 25-30% of the transplanted hair is growing by now. Your new hair will continue to fill in over the next 6-8 months.

**SHEDDING** has stopped a couple of weeks ago and new hairs are beginning to grow from the dormant transplanted and non-transplanted hair follicles.

**RED BUMPS** and/or pimples may form where new hair is trying to penetrate the scalp. Do not pick or squeeze them as this can damage the hair follicle and may cause an infection. These will resolve with twice daily applications of warm moist compresses and gentle scalp massage when you shampoo and conditioner during your shower. Notify Dr. Niedbalski if your scalp does not respond to these measures.