

## Scalp Exercises

No matter which doc you go to for hair transplant strip surgery this should help. Start doing this as early as you can before your surgery. Get into the habit of doing this rigorously for about five minutes twice a day until your surgery date. Concentrate more on the back than the sides but make sure you get it all. The reason for doing this is to give more laxity for more grafts and to allow the surgeon to have more tissue for a better close of the donor area.



Clasp your hands and place on the back of your skull. Find the area on your skull that has the ridge running along the back. Place your hands slightly above this ridge with your palms flat.



You want to "pull" your hands forward toward your forehead while at the same time moving your scalp up and down. Press hard enough against your head so that your scalp moves and your hands don't simply slip over your hair.



You don't want to forget the sides. Good surgeons take long narrow strips and the sides are involved. Generally the sides are already more loose but it's good to give them some attention too just to be sure.

It is best to start these exercises as soon as possible after scheduling surgery.