

Hair Transplant Journey

DO's and DONT's

Inform your surgeon your routine medications and any diseases.



Inform your surgeon at least 1 week prior to your arrival if you have any redness, rash, itchiness, pimples or dandruff on your head.



If you are taking broad beta-blockers, please contact your surgeon before your surgery.



Cardiac patients might need written consent from their cardiologist.



Stop taking Aspirin, blood thinners, steroids, or anti-inflammatory medications 10 days prior to your procedure.



Don't drink alcoholic beverages or use drugs at least three days prior to your procedure. Stop smoking one week before.



Don't cut your hair for at least 2 weeks. If you are wearing a hair system, remove it 3 days prior to your surgery.



Don't take Vitamin B and E for one week before your procedure.



These guidelines have been prepared by independent service providers. Please be aware that clinical recommendations may vary between patients and clinicians. Your clinician will provide personalised instructions during your consultation appointment.

How to TAKE CARE

Recovery Timeline

1st Week

- Drink lots of water during your first week and avoid eating salty foods.
- Sleep on your back and elevate your head from your donor area.
- Don't consume alcohol on your last week.
- Don't lean forward and don't bump your head.
- Avoid sexual activities.
- Don't go under pressurised water while washing your head.



2nd Week

- You should start massaging your transplanted area to remove the scabs.
- Your shock loss period may start and the scabs may significantly decrease.
- You may start sleeping on your sides.
- You may experience pain and itching on your donor area.
- You can start wearing loose caps and scarves
- You can start wearing face wigs when you complete your 2nd week.
- You may start using showerheads when you complete your 2nd week.



1st Month

- You may start using oils and supplements such as biotin and zinc.
- You may start going to the gym, pool, sauna, solarium and direct sunlight.
- You can start having PRP injections to stimulate hair growth.
- You might experience acne and bumps on your surgical area.
- Most of your transplanted hairs will fall off in your 1st month.
- You may start wearing beanies and woolly hats.



3-12 Months

- Your transplanted hairs will start growing.
- You might experience bumps and ingrown hairs on your transplanted area.
- Your redness will start to reduce now, but you will have numbness for a while.
- Keep on massaging your scalp to stimulate hair growth.
- You will see more density each month, and you will see the final results within 12-15 months.
- Send us your recovery photos on a regular basis.

These guidelines have been prepared by independent service providers. Please be aware that clinical recommendations may vary between patients and clinicians. Your clinician will provide personalised instructions during your check-up appointment.

How to TAKE CARE

Expected Discomfort

Swelling

It may occur for first 7 days, usually in the forehead. To help decrease the swelling, sleep in an elevated position, 45 degree angle for 1-3 nights after the surgery.



Bleeding

It may occur following first 2-3 days, usually in the forehead. To help decrease the swelling, sleep in an elevated position, 45 degree angle for 1-3 nights after the surgery.



Pain

After the surgery you might experience pain, you will be given painkillers. Depending on your pain threshold it will diminish after 3-4 days.



Itching

It is expected to face itching during your recovery. It is a sign of the healing process, and hair growth. You may use ocean water 2-3 times a day on your donor and recipient areas, if it bothers too much or if there's any redness you may make an aftercare enquiry.



Numbness

It is normal to have numbness in the first 3-4 days. You may apply massage to reduce it.



These guidelines have been prepared by independent service providers. Please be aware that clinical recommendations may vary between patients and clinicians. Your clinician will provide personalised instructions during your check-up appointment.

How to TAKE CARE

Expected Discomfort

Folliculitis & Pimples

After the operation, they may occur on your 2nd or 3rd week, or even after until you complete your early recovery period.

It also happens due to the new growth under the scalp. Try to avoid scratching.



Infection

You can easily prevent the infection, you need to follow the washing instructions carefully and pay attention to your personal hygiene.



Pain

After the surgery you might experience pain, you will be given painkillers.



Depending on your pain threshold, it will diminish after 3-4 days.

These guidelines have been prepared by independent service providers. Please be aware that clinical recommendations may vary between patients and clinicians. Your clinician will provide personalised instructions during your check-up appointment.

DO's and DONT's

Washing Instructions

You will be explained when and how to wash your hair during your check-up appointment.

1. APPLY LOTION

After you apply the lotion, please wait 30-45 minutes for your scalp skin to get softer and scabs to be removable with washing.

You may use a cup to rinse the lotion with water. You are allowed to wash your body right after the operation.

- Do not go under the pressurized shower in the first 15 days.



2. APPLY SHAMPOO

When applying the shampoo, make sure the water is warm, avoid cold or hot water. While washing, you may touch the grafts gently by only using your fingertips.

Avoid scratching the grafts with your fingernails.

You should be careful for two weeks while touching the grafts.



3. MASSAGE

The crusts usually begin to separate from skin after 7 days, fall off after 15 days after the treatment.

You may apply very gentle massage on the 7th wash to make sure the crusts are falling off.

- On the third week you may return to your regular shampoo and frequency of washing.

Be Patient For A Great Result

DO's and DONT's

When Can I Get Back to Work?

Most people return to work within one to two weeks.

Return to work varies with your type of work, your overall health and personal preferences.

Discuss returning to work with your surgeon.



Be Patient!

You should expect to play a large role in your recovery.

Most patients start seeing the results between 6-9 months after surgery but the final result will be seen once you have completed your first year.

It's important to know that between 2 and 8 weeks after surgery, the transplanted hair will fall out. This is normal. By the 3rd month, the hair may look thinner than before you had the transplant. Again, this is normal.

It's a slow process, so focus on getting better each day as you move toward your intended goal of full recovery.

Be patient and don't worry, this is all part of the recovery process.

Please do not ever hesitate to make an aftercare enquiry.

Take Care!



These guidelines have been prepared by independent service providers. Please be aware that clinical recommendations may vary between patients and clinicians. Your clinician will provide personalised instructions during your check-up appointment.