



Post-Operative Instructions for Hair Transplant

Immediately After Surgery

1. Rest and Recovery:

- a. Avoid strenuous activities for the first 48-72 hours.
- b. Keep your head elevated while sleeping (use multiple pillows or a recliner) to minimize swelling.

2. Protect the Grafts:

- a. Do not touch, rub, or scratch the transplanted area.
- b. Avoid wearing hats or caps unless instructed by your surgeon.

3. Swelling Management:

- a. Apply a cold compress to your forehead (not the grafted area) to reduce swelling.
- b. Swelling typically peaks on days 2-3 and subsides by day 5.

4. Medications:

- a. Take all prescribed medications as directed, including pain relievers, antibiotics, and anti-inflammatory medications.

Hair Washing Instructions

1. First Wash:

2. Washing Technique:

- a. You may begin washing your hair 48 hours post procedure. Please use the shampoo provided.
 - b. Mix the shampoo with water and pour it gently over the grafted area.
 - c. Rinse with lukewarm water without directly aiming the water stream at the scalp.
 - d. You may apply the calm spray as needed for itching
- 3. Drying:**
- a. Pat the scalp dry gently with a soft towel. Avoid rubbing.
- 4. Avoid Harsh Products:**
- a. Do not use hair products such as gels, sprays, or dyes for at least 2-3 weeks.

Activity Restrictions

- 1. Exercise:**
- a. Avoid heavy lifting, intense workouts, or activities that cause sweating for at least 7-10 days.
- 2. Sun Exposure:**
- a. Avoid direct sun exposure on the grafted area for the first 2 weeks. Wear a loose, breathable hat if you must go outdoors.
- 3. Smoking and Alcohol:**
- a. Refrain from smoking and drinking alcohol for at least 1 week, as they can hinder the healing process.
- 4. Avoid Swimming:**
- a. Stay out of pools, hot tubs, and saunas for at least 2-3 weeks.

Graft Care and Shedding

- 1. Crusting and Scabbing:**
- a. It is normal for small scabs to form around the grafts. Do not pick or scratch them.
- 2. Shedding Phase:**
- a. The transplanted hair will shed within 2-3 weeks. This is normal and part of the growth cycle.
- 3. New Growth:**

- a. New hair typically begins to grow 3-4 months after the procedure, with significant results visible in 8-12 months.

Potential Side Effects

1. Redness and Itching:

- a. Mild redness and itching are normal and should resolve within a few days.
- b. Use surgeon-approved anti-itch medications or creams if needed.

2. Numbness:

- a. Temporary numbness in the donor or graft area may occur and usually resolves within weeks to months.

3. Swelling:

- a. Swelling may extend to the forehead and eyes but should subside within 5-7 days.

4. Bleeding:

- a. Minor bleeding from the graft sites is normal. Apply gentle pressure with a clean cloth if needed.

Follow-Up Appointments

1. First Follow-Up:

- a. Attend your first follow-up appointment as scheduled (usually within 7-10 days).

2. Ongoing Monitoring:

- a. Regular check-ins with your surgeon will ensure proper healing and monitor your progress.

When to Contact Your Surgeon

Contact your surgeon immediately if you experience:

- Severe pain unrelieved by medication.
- Excessive bleeding or drainage from the graft or donor site.

- Signs of infection (e.g., fever, redness, warmth, or pus).
- Persistent swelling or discomfort.