### POST- OP CARE FOR HAIR TRANSPLANT PATIENTS

Here is a list of our post-operational recommendations for patients of FUE HAIR. Please note that these are the general guidelines and some points might differ depending on the patients case. The patient will receive extended instructions, as well as a set of specialised hair care products, headwear and a custom-designed pillow during your stay with us, all included in the price of your package.

#### ****HAIR WASH****

Hair wash is one of the most important things that can influence the final result of the hair transplant, therefore, every patient is taught how to wash the hair correctly at the clinic.

The hair wash procedure involves 3 main steps:

1. Transplanted area is covered with lotion/oil/any other suitable moisturiser and left in this state for 15-30 minutes. This causes a softening effect on scabs around the transplanted grafts and donor area. This softening phase helps to remove traces of dried blood and heal faster. After 15-30 minutes, the scalp should be washed with warm water. Donor and transplanted area is washed with special medical shampoo. Put a little quantity of shampoo between your hands and very carefully apply to the entire scalp. Do not rub. All washing stages should be performed softly using palms, with no pressure.
2. After 48 hours they can gently wash the transplanted areas but should not allow shower water to directly hit the new grafts. After two week, patients may shower and wash their hair normally.After washing, dry your hair with a paper towel. Do not rub – just pat it very gently. The moisturiser should be used until the scabs fall off or until the scalp feels dry. It is also possible to use the moisturiser in between the hair washes if the sensation of dryness is persistent.
3. Shampooing should be done daily to remove the scabs. After about 7-10 days there should be no more traces of dried blood or scabs on your scalp.Continue using the special shampoo until the bottle is empty.

If for some reason a patient is purchasing his own hair products, please make sure that they do not contain silicone, perfume and dyes.

#### PAIN AFTER A HAIR TRANSPLANT

It’s common to experience mild pain for a couple of days after the hair transplant procedure. Some people report difficulty sleeping the first days post-op. It is common to have more pain in the donor area than the recipient area after the operation but it is also true that nerves awaken and the fluid under the skin will relocate resulting in a throbbing discomfort. Pain during and after hair transplant surgery is expected.Post-op hair transplant can be relieved with pain killers. You will get a pack of those at the clinic.

#### ITCHING FOLLOWING HAIR RESTORATION

Itching usually lasts a week after the hair transplant surgery.It is a very common feeling after the hair transplant. It may, however, take up to four weeks to disappear in rare cases.The itchiness in most cases indicate that the tissue is recovering and meanwhile it’s important to avoid sunlight, swimming, sauna, or hot baths . In cases when it becomes very strong, antihistamine pill can be used.

#### CORRECT SLEEPING POSITION

It is important to touch the recipient areas as little as possible during the first week after the operation. We ask that patients to sleep on their back, with the head elevated on a few pillows, avoid tossing,turning or sleeping on your stomach. By raising your head during the night, the pillows decrease any swelling that can occur after the hair transplant.Patients are also advised to use the special pillow that they get at the clinic for the first 7-10 days.

#### HEALING AND RECOVERY TIMES

The days and weeks after your hair transplant surgery are important for healing and recovery,after any hair transplantation that is performed using Choi Implanter Pens the healing is rapid. Most patients feel fine within a day or two following surgery, although some numbness and mild soreness in the scalp can be expected for several days following surgery. There will be red scabs at the bottom of the transplanted hair shafts on the recipient site and donor sites, which will be visible for about 7-10 days. Usually the patient gains his/her normal appearance within 10-15 days post-op. Only slight redness might be visible after this period. Patients who have very light complexion might experience redness for prolonged periods after the treatment, whereas those who have darker hair and skin, tend to recover faster. All in all, recovery after a hair transplant is a very individual process that also depends on the patient’s age, lifestyle, diet and even climate.

#### IF BEARD WAS USED AS DONOR AREA

At our clinic we use beard (throat area) as donor site quite often. In such cases beard donor site can be shaven a week after the operation as long as there are no more scabs.

#### SHAVING AFTER HAIR TRANSPLANTATION

Hair transplantation experts recommend shaving your hair 1-1.5 months after the operation. Hair shaving, even with a scissor, before 1 month’s period may cause you to lose some of your hair follicles. However, after 1 month, the transplanted hair will be more secure.Donor areas can be shaven already 1-week post-op as long as the scabs in the donor site have cleared out.

#### SHOCK LOSS AND REGROWTH OF TRANSPLANTED HAIR

Usually, shock loss starts within the first 3-4 weeks after the transplant. After 3rd to 5th month the lost grafts slowly start to re-grow. You can see about 50% hair growth after hair transplant over the next six months.At the end of 5th month, re-growth rate should be around 30% and within 7th month re-growth rate should be around 60%. The end results of the operation should be evaluated 12 months post-op.

#### WEARING A HAT AFTER A HAIR TRANSPLANT

You will get a panama type hat at the clinic which you should be using whenever outside or during your trip home. The hat will protect your scalp from the dust, sun and other environmental factors. Please wear this hat for 10 days post-op as long as the scabs are not present anymore and this gives the transplanted hair follicles a chance to take root in any balding areas without anything disturbing them,after that you can wear any other hat of your choice. While choosing a headwear for the post-operational period it is important to pick a hat that will not sit too tight on the recipient areas nor will pull on the newly transplanted grafts.

#### PHYSICAL ACTIVITY

You should avoid all strenuous exercise for at least 14 days after your surgery to protect your newly grafted scalp.Immediately after hair transplantation, you can start to go for a short walk or do physical exercises that do not make you sweat too much. You can already start actively exercising 10 days post-op. It is recommended to take a shower shortly after the workouts in order to minimise any risk of infections.

#### SCALP MICROPIGMENTATION (SMP) AND HAIR RESTORATION

You may have already heard of [microblading](https://www.healthline.com/health/microblading) for full brows. Did you know there’s a similar practice for your scalp?This procedure is known as scalp micropigmentation (SMP), which creates the illusion of fuller hair. While microblading is typically done with a manual blade, micropigmentation is performed using an electric tattoo device. This is because more power is needed to penetrate the skin on your scalp, which is thicker than the skin under your eyebrows.One should wait for 3 months after surgery for any kind of manipulation on the scalp. If SMP treatment has been performed before the hair transplant, it is not an obstacle for the operation.

#### ALCOHOL CONSUMPTION

Consuming alcohol will increase the healing time of wounds after the hair transplant. It will be better to wait for 2 weeks post-op.

#### SUN EXPOSURE

To be safe, you should plan on avoiding direct sun exposure for two weeks after your procedure, For the first 6 months after the transplant, we recommend to wear headwear when in the sun. Damage from sun exposure can penetrate the epidermis, damaging the underlying tissues and hair follicles that have not yet healed. This could result in hair transplant failure.