

AFTER THE HAIR TRANSPLANTATION

Continue taking the medications as prescribed by dr. Pekiner

- Take the antibiotics one in the morning and one in the evening until the whole course is finished.
- Take 1 Coraspin (Aspirin) every morning after breakfast for 30 days long.
- Take pain medication (Paracetamol) only when needed.

Be careful in the 10 days following the transplant. DO NOT BUMP OR SCRATCH your head

- Protect your recipient area. Do not wear tight headwear. A cap/hat that is loose can be worn once in a while for a short period of time (not the whole day).
- Use every 2 hours (only daytime) the spray provided by your physician on the recipient area to keep the grafts moist. You do not need to use it during sleep. It is saline solution 0.9%
- Use the Bepanthol lotion on donor 3 times during the day until the blood crusts are gone

WASHING AND SCABS MANAGEMENT

- Only since the 2nd day you can wash your recipient area with lukewarm water. Just let lukewarm water gently run over the area. Don't send the water flow directly onto the recipient area
- Since the 5th day you can wash your recipient area with a mild shampoo pH 5.5 (e.g. Sebamed).
To wash the recipient area first apply the foam on your hand then gently on the recipient area with your hands and then rinse carefully.
- Since the 10th day you can wash your new hair as usual. During washing gently rub with your hands according to the growth direction of the hairs, so the crust on the recipient area will fall off. If also some hairs will fall out with the crusts, do not worry, the roots are already stucked into the scalp and therefore preserved.
- If crusts on recipient are still hard and present after 12 days, you can put Bepanthol lotion on them, let it stay for 10 minutes and then wash away with warm water. All the scabs should fall this way.
- In case of using a towel for drying your hair, **do not rub**, just gently pat.
- The use of a **hair dryer is not allowed** in the first month.
- Swelling on forehead and eye zone is normal after 2-3 days, it will be reabsorbed after few days.

POST OPERATIVE CARE: For the first 4 weeks apply the following rules:

- Refrain from heavy physical activity/exercise such as body building, crossfit etc.
- Light activities such as slow running and biking can be started after 3 weeks.
- Avoid your hair from direct sun exposure that can make your skin tanned.
- **Avoid the use of any hair product such as Minoxidil, gel, wax, spray and Toppik for 1 month**
Minoxidil can be started after 3 to 4 weeks only when there is no more redness. Ask dr. Pekiner's permission after sending pictures to him before starting Minoxidil

Avoid sunbathing, tanning beds etc. for at least 6 MONTHS

- After about 3 to 4 weeks the transplanted new hair will start falling off (40% - 90%). Please do not be anxious since the hair follicle roots are in the scalp and new hair will grow back after shedding.
- In case of a visit to the barber **in the first 3 months, the use of a shaving machine or a trimmer on the recipient area should be avoided. Only cutting carefully with scissors is allowed.**
- After 6 months you should notice early regrowth. After 12 months you can see significant result. Crown area can take up to 16 months to regrow. Hair quality and caliber can improve from 16 to 28 months.