



Hair Transplant Aftercare

A full guide for Hair Transplant post operation process.

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Medications

CIPRASID 500 mg tablet Antibiotics (1 tablet after breakfast).

Parol (Pirofen) tablet Painkiller (only when needed every 6 hours).

OMESEK 20 mg capsule Gastroprotective (1 tablet before breakfast).

Prednol 16 mg Anti-oedema (4 tablets first day, 2 tablets following 2 days, after breakfast).

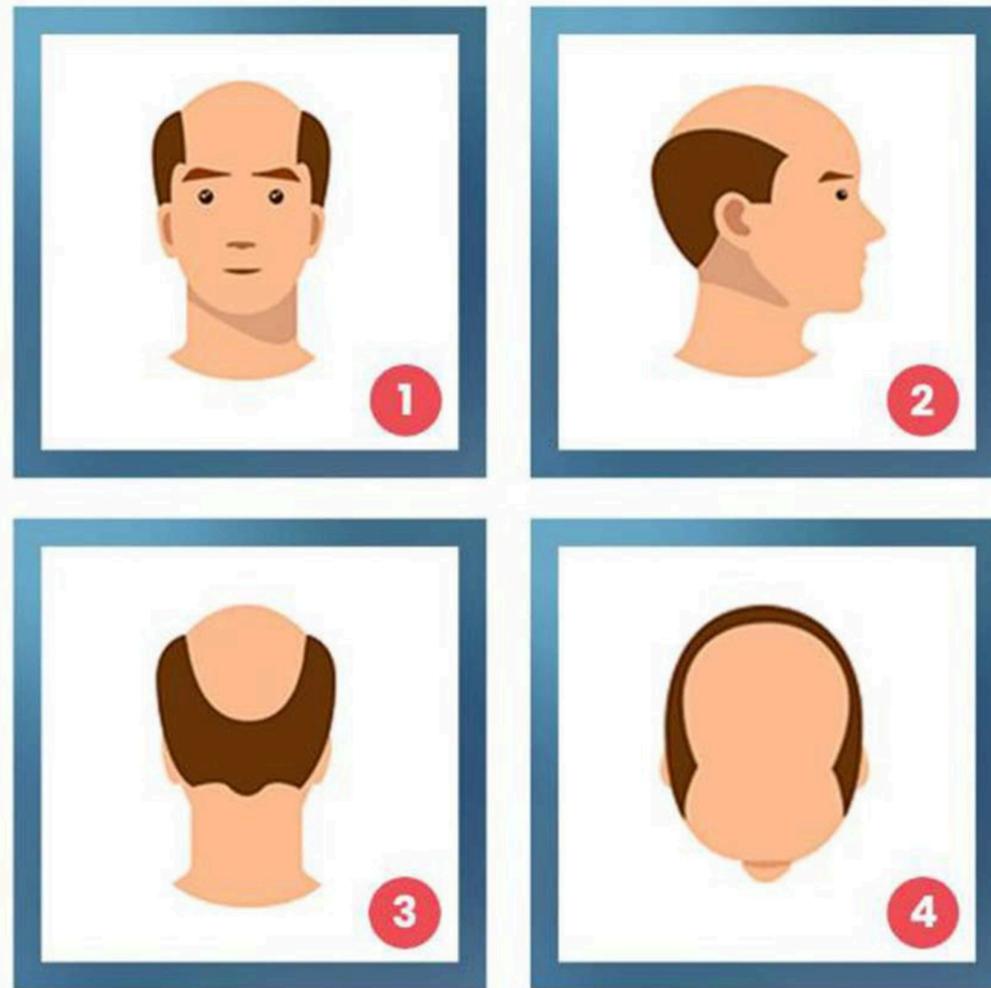
Coraspin (Ecopirin) 100 mg tablet Blood-diluent (2 tablets per day 1 morning, 1 evening).

Atarax 25 mg 30 Film tablet Helps you fall asleep faster (1 tablet per day / half an hour ago before sleeping).

*The Medication's name can alter. Please follow the medical team's instructions.



POST-OP PHOTO GUIDE



POST-OP PROGRESS PHOTOS

To follow your progress and reduce the risks of complications, you need to share photos of your hair with us. To help us track your progress, please:

SEND PHOTOS IN THE FOLLOWING ORDER

10 DAYS	1 MONTH	3 MONTHS	6 MONTHS	9 MONTHS	12 MONTHS

AFTER SURGERY

Send your photos to info@antalyahairlegends.com and **+90 (506) 449 70 70** via Whatsapp
Send photos from 7 views as mentioned above in all of the updates.

Important Note: To validate your **10-year guarantee**, you need to send all your 6 post-op updates on the determined dates with 7 photos from the mentioned views

Hair Wash



Day 1

The first wash is an important part of your hair transplant. We will wash your hair and scalp at our hospital

First 10 Days

Wash your hair with special foam & Shampoo provided by **Hair Legends**

- 1- Apply the foam on your scalp and wait for **30 minutes**. Rinse it with warm water under medium pressure.
2. After applying the special foam, to wash you head, put a small amount of shampoo on your palm, mix the shampoo with some water and make a foam. Apply it to the transplant area with only your fingertips and soft taps. Rub the donor area gently, then rinse with warm water.



From Day 10

Scab Removal Begins

- 1- Apply the foam and wait for one hour. If you have a lot of crusts, repeat the process until **1 hour** is up. Rinse with warm water under medium pressure.
- 2- Make a foam in your palm by mixing the shampoo with water. Apply it to the transplant area and rub in circular motions to remove the crusts. Do not try to remove the crusts by your nails, let them fall without too much pressure Repeat this wash until the crusts are entirely gone on the **12th or 13th day**. Crusts can remain on your scalp for a while. Do not worry, repeat this wash until all crusts on your head are gone.

After Scab Removal

During the first month, wash your hair once a day with After Care Shampoo

After a month, you can resume regular washing with any shampoo (PH should not be below 5.5)



Drying

First 30 Days

Use paper towels to dry your hair. Use soft taps to get your hair dry. Avoid high pressure.

After One Month

One month or **30 days** after your surgery. You can use an air blower to get your hair dry after washing it.

Donor Area

Hair Donor Area

To ease itchiness and sensitivity, apply **Aloe Vera Gel** as much as you feel comfortable.

Beard and Chest Donor Only

Apply a thin layer of Hepatubex Gel at night before bed. **Aloe Vera Gel** can also be used on beard and chest donors.



Swelling

Swelling may appear on the 1st, 2nd, 3rd or even 4th day after the operation. There is no reason to be concerned in this situation, and you should continue to take the prescribed medications on a regular basis.

Drink more water, use less salt, and do not bend your head down. Long walks are also not allowed.

Physical Protection

Touching Head

Avoid touching your hair transplanted area) the first seven days.

Sun and Rain

The First Week

You can protect your scalp from the sun and rain with the fishing hat provided on the day of the surgery

Day 7 to Day 30

Seven days after the surgery, you can use a baseball hat (or a cap). Wear a hat until the 30th day after the surgery



**30 days after the surgery,
you will be able to go out without covering your head.**



Haircut

⬡ Transplant Area

Avoid having your transplanted hair cut during the first 15 days. Between the 15th day and 6th month following the surgery, you can only get haircuts by **scissors**.

6 month after the hair transplant, you can have your transplanted hair trimmed and cut by a **razor**.

⬡ Donor Area

Avoid having your donor area trimmed for the first 10 days. After 10 days, you will be able to have **scissors** trims in your donor area until 30 days after the operation.

30 days after the hair transplant, you are free to have your donor area cut by a **razor**.

⬡ It Is Normal

Itchy feelings, acne and redness may occur during the growth phase of the hair, patients can be massaged with fingertips (after the scab removal stage). It's pretty normal

There may be a temporary reduction of sensitivity in the transplanted area; don't worry this will pass within 4 to 12 months.

Daily and Physical Activities

Sweating is harmful to the transplanted hair. Avoid any activities that might get your head wet for 7 days.

Return to Work and Social Life

You can resume your normal social life 3 days after the surgery but take it easy and be careful.

Sports and Heavy Physical Activities

You can resume your normal social life 3 days after the surgery but take it easy and be careful.



Daily Walking

7 days after your hair transplant operation, you can go out and take short walks (for shopping etc.) Make sure you have covered your head. It is recommended to get out after sunset, so you can minimize the possible risks.

Walking As an Exercise

10 days after the surgery, you can start taking longer walks. This would be the maximum physical activity you have until the 30th day.



Sports and Exercise

7 days after your hair transplant operation, you can go out and take short walks (for shopping etc.) Make sure you have covered your head. It is recommended to get out after sunset, so you can minimize the possible risks.

Heavy Sports and Exercise

10 days after the surgery, you can start taking longer walks. This would be the maximum physical activity you have until the 30th day.



Swimming and Sunbath

7 days after your hair transplant operation, you can go out and take short walks (for shopping etc.) Make sure you have covered your head. It is recommended to get out after sunset, so you can minimize the possible risks.



Life Routines

Sleeping

For the first 7 days, you need to sleep upwards using special pillows provided.

After 7 days, you will be able to continue to sleep normally, as you used to sleep before the operation.

Smoking

Avoid smoking cigarettes for 7 days.

Alcohol

Avoid drinking alcoholic drinks for 7 days.

Sexual Intercourse

Avoid sexual intercourse for 10 days.

