

Post-Operative Instructions: FUE Hair Transplant

First 24–48 Hours

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Arrange for someone to accompany you home after the procedure and, if possible, stay with you for the first night.

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Rest and avoid any physical exertion.

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Sleep with your head elevated at a 30–45° angle using extra pillows or a travel pillow to minimize swelling.

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Avoid touching, rubbing, or scratching the transplanted area.

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Swelling & Discomfort

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Mild swelling of the forehead and around the eyes may occur between days 2–4.

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Use prescribed medications as directed.

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Avoid aspirin or anti-inflammatory medications unless approved, as they may increase bleeding.

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Washing Instructions

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Do not wash your hair for the first 24–48 hours. You spray the hair grafts (recipient area) every 30 minutes by the PRP solution provided for 4–7 days.

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After this period:

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Gently rinse the scalp with lukewarm water.

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Apply a mild shampoo by dabbing, not rubbing.

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Rinse carefully and pat dry with a soft towel or allow to air dry.

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Continue gentle washing daily to help remove scabs, which usually fall off within 7–10 days.

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Activity

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Avoid strenuous activity, gym, and heavy lifting for at least 7–10 days.

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Avoid bending forward or sudden head movements.

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Light walking is encouraged after the first couple of days.

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Sleeping

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Sleep on your back with your head elevated for at least 5–7 days.

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Avoid contact between the pillow and the transplanted area.

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Sun Exposure

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Avoid direct sun exposure for at least 2 weeks.

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Wear a loose-fitting hat (only after day 5–7, if advised by your clinic).

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Alcohol & Smoking

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Avoid alcohol for at least 5–7 days.

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Avoid smoking for at least 10–14 days, as it impairs healing and graft survival.

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Shedding Phase

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Transplanted hairs may shed within 2–4 weeks. This is normal (“shock loss”).

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New hair growth typically begins around 3–4 months post-procedure.

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Medications

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Take all prescribed medications (antibiotics, anti-inflammatory, or others) as instructed.

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Resume regular medications only after consulting your doctor.

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When to Contact the Clinic

Please contact us immediately if you experience:

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Fever above 38°C

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Excessive swelling or severe pain

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Persistent bleeding

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Signs of infection (pus, redness, warmth)

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Follow-Up

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A follow-up appointment is usually scheduled within 2 days.

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Long-term follow-up may be required to monitor progress and results.

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Important Reminder

Healing and results vary from patient to patient. Full results are typically visible after 9–12 months.

If you have any concerns, please do not hesitate to contact our clinic.