

01

Your Post-Op Hair Transplant Guide

From surgery day to full
transformation

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Immediate Aftercare (First 24 Hours)

 **Avoid Touching Grafts!**

Do NOT



**scratch, rub, or press on
recipient/donor areas.**



Sleep at 45° angle



**Use 2-3 pillows to minimise
swelling.**



No smoking/vaping, alcohol
**Restricts blood flow to healing
grafts.**



Medication Protocol:

**Take prescribed
antibiotics/painkillers with
food**



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Washing & Hygiene Day 1-3

First Wash (Day 3)



Gently Spray saline solution over grafts every 30 min to an hour



**Use baby shampoo
No rubbing!**



Pat dry with microfiber cloth



**Avoid:
Hot showers.**



NO Direct water pressure on scalp.



**Pro Tip:
Use a cup to pour water slowly**



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Scab Management Days 4-7

**Normal: Tiny scabs form
Do NOT pick!**



**Continue spray saline/bottle water
keeps grafts moist**



**Let scabs fall off naturally
Usually by Day 10**



**Gently dab (don't rub) with a
microfiber cloth after washing**



**Warning:
Infection Risk:**

Dirty fingers introduce bacteria



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Activity Restrictions

**Avoid for
7 Days**



Gym, heavy lifting, bending.



**Swimming/Saunas
Infection Risk**



**Wearing helmets/Headphones
Pressure on grafts**



**Light walking
Boosts circulation!**



**Desk work
after Day 3**



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Swelling & Redness

It's Normal & How to Manage It



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Normal Symptoms:



**Mild to moderate swelling
Peaks Days 3–4**



**Pink/redness in recipient/donor areas
1–2 weeks**



Tightness or itching as healing progresses



How to Reduce Swelling & Discomfort?



**Sleep Elevated Use 2–3 pillows for
5–7 nights.**



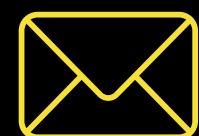
**Apply ice to forehead only
Never directly on grafts!**

**Avoid Salt & Processed Foods
Reduces fluid retention.**

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Clothing & Graft Protection

No pulling over head!



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WEAR FOR SAFETY:



Zip-up or button-down shirts



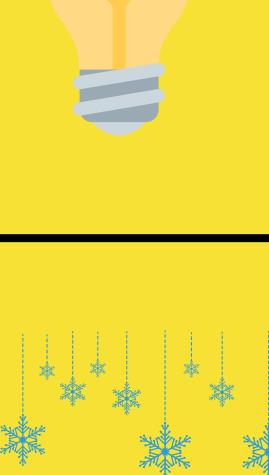
**Soft cotton hats only after Day 5
Lightly placed!**



**Silk/satin pillowcases
Reduces friction while sleeping**



PRO TIPS:



**Travel pillow:
Use for car rides and for bed.**

Winter care: If cold, opt for a loose hoodie over shoulders, not on head.

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Protect Your Results

**No Alcohol,
Smoking/Vaping**



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Strictly Avoid for 7 Days:



Alcohol – Increases swelling & bleeding risk.



Smoking/Vaping – Slows healing by 50% (nicotine restricts blood flow).



Stress – Raises cortisol levels, which can impact graft survival.



Stress-Busting Tips:
Listen to calming music



Practice deep breathing



**Watch light comedies
laughter helps!**

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Sleep Care & Graft Protection

Your grafts are most fragile at night
Proper sleep = better survival!



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Night Routine



Sleep on your back only for 7–10 days
Prevents graft friction



**Use a travel pillow (U-shaped)
to avoid rolling onto your sides**



**Elevate your head with 2–3 pillows
to reduce swelling.**



**Wash pillowcases every 2 days
Use fragrance-free detergent**



**Silk/satin pillowcases reduce friction vs.
cotton.**



**Avoid Sleeping pets/kids in bed
Accidental bumps!**

10 Long-Term Care Months 1-3

Don't panic!
Transplanted hairs
will fall out



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The Shedding Phase (Weeks 2-8)



**Week 2-4: Hairs begin falling out
may look like pre-op state**



**Week 8: Shedding completes;
Follicles enter "resting phase."**



**Wash every *2-3 days*
Avoid daily washing**



Pat dry with microfiber towel (no rubbing)



**17 JUL :::: Month 3 Milestone
First sprouts appear ("peach fuzz").
Book your *3-month check-up* to assess
progress.**



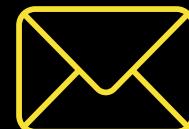
Do not pick at scabs or crusts.

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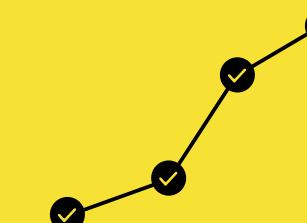
Long-Term Care

Months 4-6

Hair thickens and darkens



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Visible Progress

Month 4-5:
50-60% density becomes visible



Tiny new sprouts emerge daily



Month 6:
Hair starts growing at normal speed (~1cm/month)
Scalp redness fully fades



Scissors only (avoid clippers until Month 6)



PRP/boosters recommended



Free graft survival assessment

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Long-Term Care Months 6-9

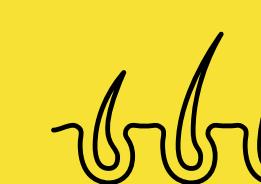
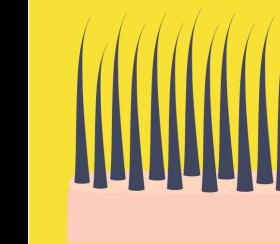
Your Hair's Growth Spurt!



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Month 6:

**60-70% density visible
Hairs thicken and darken
Safe to use clippers/trimmers**



Month 6:

**Hair starts growing at normal speed
(~1cm/month)
Scalp redness fully fades**



**Eat iron-rich foods (spinach, lentils) for
follicle health.**



Avoid nicotine - it can stunt growth.



Measure density improvements

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Long-Term Care Months 9-12

The Finish Line!



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90-100% density achieved

**Transplanted hair fully matures
(thickness/texture matches natural hair)**



Progress Check:
Compare before/after photos
with your surgeon



Pro tips



**Annual Hair Health Check – Free for
FixMyHair patients**



**Maintenance Options – Ask about yearly
PRP for enhanced thickness**

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Your Journey to Confident Hair

You're On
Your Way!



Key Takeaways:

Patience is power: Growth happens in phases—trust the process.

We're here for you: free checkups, 24/7 support, and expert advice.

Celebrate progress: Tag us in your #FixMyHairJourney photos!

Need Help?

Email: info@fixmyhair.co.uk

Call our Aftercare: 07963552723

