

FUE POST-OP INSTRUCTIONS

MEDICATION

Pain killer medicine: _____ Consultation Time: _____

THE FIRST 10 DAYS FOLLOWING PROCEDURE

1. Do not scratch, touch or hit your head. Pay extra attention to low heights; for example when you are entering or leaving a car bend slightly lower than normal, make sure all cupboards above you are closed to avoid hitting your head. Be very careful of low heights for 10 days after the surgery. In case you hit your head, inform us immediately and send the photos of the affected area.
2. You will be provided with sterile gauze; In case of bleeding, hold the gauze against the area until the bleeding stops (about 2 minutes).
3. For the first 5 nights after the procedure, sleep on **1-2 pillows** with your **head elevated facing upwards**. Don't sleep facing down or on the sides. In the first 5 days, unless you are sleeping at night, don't lie down any other time. Using a neck pillow would help you sleep easier.
4. In case of swelling, **apply ice pack** on your forehead (for 5 minutes every 2 hours) in the first 2-5 days. You can improvise using a plastic bag with ice, a frozen towel or cold bottle.

WASHING / SHAMPOOING

After the procedure, the bandage will be removed and you will have your first hair wash. You will also be instructed on how to wash your hair for the first 10 days. The most important steps about washing are:

1. Wet your scalp with lukewarm water.
2. **Donor area:** apply the shampoo on your palms, spread it around on the donor area, gently rub in circular movements with your hands.
3. **Recipient area:** pass the shampoo from the donor area to the recipient area, by sliding your hand from the crown straight forward to the hairline, repetitively, then rinse.
4. Tap dry with a clean towel.
5. Apply **TERRAMYCIN or THIOCELLINE CREAM** on the donor area for **the first 5 days** after the surgery.
6. **Do not rub or scratch** the recipient area as this may dislodge grafts.
7. **Wash your hair every evening** with the shampoo provided **for 10 days**. You can resume your normal shampoo after 10 days.
8. Avoid using high pressure or high temperature when applying water on the recipient area.

CRUSTS

To get rid of crusts first you are going to soften/soak them up then do the washing as instructed. From the **6th-10th day**, before washing your hair, **apply olive oil on the recipient area**, and let it soak for **1 hour**, softening the crusts. Wash the area with lots of water for about 10 minutes, soaking up the crusts. You can wash your head with your palm by rubbing it gently and roundly.

TRANSPLANTED AREA

1. Do not touch the recipient area except when washing.
2. If the recipient area gets **itchy** in the first week, do not scratch it. Instead, take an antihistamine tablet (**XYZAL or ALLERSET** one tablet a day).

3. Always protect the recipient area from the sun. For 3 months, whenever you stay in the sun for **over 30 mins** or when **sunbathing**, wear a hat.
4. You will **lose your transplanted hair about a month** after the surgery due to shock loss (caused by stress on the hair follicles). You may even observe hair falling with something that looks like a root/bulb attached to it. This is normal. Do not be scared, you are not losing the grafts.
5. **15 days** after the procedure, apply **Rogaine Foam, Rogaine spray or Minoxidil** spray on the front to vertex (only the recipient) area. In the first 3-15 days after using Minoxidil spray / Rogaine foam, if you notice **pimple like swellings filled with water** (vesicles) and **redness, stop using the medication** and **contact us** immediately with the photos of the affected area.
6. New hair growth starts after about 2 months. While its growing out of the skin, it may cause **pimples**. You have been given **CLEOCIN-T** to apply on the pimple twice a day.
7. **Redness and numbness** of the recipient area will gradually fade in 1-4 months depending on the patients skin structure. Do not worry if your skin takes longer to recover its original look and feel.

DONOR AREA

1. For about a week after the operation there may be a slight pain or discomfort on the donor area. The pain reduces with time (1 to 2 weeks). You may take a pain killer.
2. Wash the donor area normally with ease.

POST SURGERY FOLLOW UP

In order for us to closely follow up your hair growth progress, you need to **send us CLEAR photos** of your scalp (Front, back and sides) to our email or whatsapp **every month**.

EXPECTED HAIR GROWTH PROGRESS

This is what you should expect regarding the growth of the hair after surgery:

1-3 Months – No substantial hair growth expected; transplanted hair sheds for new hair to grow, the scalp heals and the hair gets to the resting phase – **0% results**

4 Months – Growth of the transplanted hair begins show - **20-30% of the results**

6 Months – The transplanted hair grows and thickens - **60% of the results**

8 Months – The hair is full and thick. You can now style it in any way- **80% of the results**

12 -24 Months –100% of the results

RISKS/EFFECTS

There are no permanent risks to hair transplant if its done by a well qualified surgeon. However, there are temporary effects that only last a limited time period:

- Swelling of the forehead area and under the eyes: 2-6 days
- Pain/discomfort in the donor area: 1-3 weeks
- Itching of the donor area: 1-3 weeks
- Shock loss: 1 month
- Redness of the scalp: 1-4 months
- Numbness in the transplanted area: 1-4 months

PROTECTION OF YOUR EXISTING HAIR

It is also important to protect your existing hair after hair transplantation.

1. Minoxidil spray can be used (5 sprays at least once a day). It may be more beneficial to use it twice a day.
2. Oral minoxidil tablets can be used. Tablets can be taken immediately after the procedure. The recommended dose is 1.25 mg for women and 2.5 mg for men.
3. <https://www.oxfordonlinepharmacy.co.uk/hair-loss/minoxidil-generic>
4. Laser cap treatment can be started 15 days after the procedure.
5. Oral Finasteride or Dutasterid can be used immediately after the procedure.

SUMMARY

1st day	One day after the procedure we will remove the bandage and wash your hair then put TERRAMYCIN or THIOCILLINE CREAM on donor area.
2nd – 10th day	Continue washing your hair everyday with the Shampoo provided to you in the evenings for 10 days . Apply icepack on the forehead (not the transplanted area) for 5-10 minutes every 2 hours. Use this shampoo until its finished then you can resume to your normal shampoo.
5th day	Quit applying TERRAMYCIN or THIOCILLINE CREAM donor area and icepack on forehead.
6th – 10th days	Apply olive oil on the recipient area, wait for 1 hour , shampoo and rinse.
10th day	Quit using the baby SHAMPOO , resume your regular shampoo.
16th day	If prescribed, start applying Rogaine Foam %5 or Minoxidil Spray on the recipient area http://www.rogaïne.com/category/products/rogaïne-foam.do in the morning and evening according to prospectus. You can start taking oral minoxidil tablets immediately after the operation.
60th day	You may notice pimples as your hair regrows; apply CLEOCIN-T on pimples, they will heal faster.

CAUTION: Things to avoid!!!

Tea, coffee, Coke (soda)	Avoid for the first 24 hours.
Aspirin	Avoid for the first 3 days
Multi-Vitamins	Avoid for the first 3 days
Painkillers except paracetamol	Avoid for the first 3 days
Alcohol	Avoid for the first 3 days
Salty food	Avoid for the first 3 days
Smoking	Avoid for the first 7 days
Strenuous exercises	Avoid for the first 10 days
Pool, sea, sauna	Avoid for the first 1 month
Wig or prosthesis	Avoid for the first 1 month

Note: These instructions have been carefully prepared by your physician. Refer to this document if you have any questions after the procedure or experience any problems. Treat the donor and transplanted area differently as instructed in this document.

REVIEWS

We would be very grateful if you **write your reviews and post your pictures** on any of the following **hair loss forums**:

- <http://www.baldtruthtalk.com/>
- <http://www.hairlossexperiences.com/>
- <http://www.hairsite.com/hair-loss/default-view-board.html>
- <https://www.realself.com/dr/ekrem-civas-ankara-turkey>
- <https://www.trustpilot.com/review/civashairtransplant.com>

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