

- 01** Sleep with your head elevated by having additional pillows. Make sure the surgical sites are not pressed against any force.
- 02** Washing hair is possible after 7 days postop; although, gentle washing with showerhead is recommended and not rubbing.
- 03** You may resume daily routine in 4-5 days in general cases (depending on the line of work though,) as surgical site can partially be covered up by then.
- 04** Stitch removal is done after 7 days postop and staple removal on occipital lobe is done between 10 – 14 days postop.
- 05** Make sure not to scratch the scalp as itchiness on surgical site may occur during wound healing process.
- 06** In case of transplanted hair follicles, shedding of hair can be noticed after normal process of growing and this cycle gets repeated. Some hair grafts don't fall off and keep growing but most are gradually fall after 2 – 4 weeks from transplantation and the hair loss status will look the same as before the transplantation.
- 07** Transplanted hair follicles will grow back after 3 – 6 months postop and complete growth of new hair can be expected from 9 months postop onwards.
- 08** Hair colouring and perm is possible after 2 months postop.
- 09** Wearing a wig is possible from 3 days postop as long as the glue or clip that is needed to fix the hair does not affect the transplanted hair; although, not wearing it for a week is recommended.
- 10** Light activities can be done 3 days after surgery but exercising, running, or gym should be waited for 2 weeks after surgery.
- 11** Quick shower (except for surgical site) can be done from the next day of surgery but bath, sauna, hot spring should be used from 4 weeks postop.
- 12** Only the painkiller and antibiotics that are prescribed by the clinic should be taken as directed. If the pain persists even after taking the medication, then Tylenol can be taken additionally. Please do not take painkiller that contains Aspirin as it may cause bleeding.
- 13** Drinking alcohol and smoking should be avoided for 4 weeks. Alcohol can cause inflammation and smoking can prolong the recovery of scars as it causes tightening of blood vessels.
- 14** In case of emergency or any questions, please contact (+82-10-7156-6546)