



Activities

How Many Days After a Hair Transplant Can I Get Back To My Work and Social Life?

3 Days

You can get back to your social life 3 days after a hair transplant.
You need to rest for 3 days, then you can get back to work and social life without any problems.

When Can I Start Walking After a Hair Transplant?

7 Days

You can start taking short walks (like going shopping) 7 days after your hair transplant.
Make sure you won't take long walks and try to take walks indoors or in the evenings.

How Many Days After a Hair Transplant Can I Start Working Out?

1 Month

You can restart heavy physical activities 30 days (1 month) after your hair transplant surgery.
Even though you can start walking 7 days after your hair transplant doing heavy sports needs more patience. Avoid heavy training and intense sports like football for 2 to 3 months.

When Can I Sleep Normally Again After a Hair Transplant?

7 Days

You need to sleep upwards until the 7th day after your hair restoration surgery.
After 7 days, you can continue sleeping normally.

How Many Days After a Hair Transplant Can I Have Sexual Intercourse?

10 Days

You should wait for 10 days to get back to your normal sexual life.
Sexual intercourse harms your transplanted hair grafts, so you need to be patient



Hair Growth

When Does My Hair Start Growing After a Hair Transplant Surgery?

3 Months

Your transplanted hair starts its growth 3 months after your operation. However, you should be patient to see the final results, which start to appear 12 to 15 months after the surgery.

When Can the Donor Area Get Totally Recovered After a Hair Transplant?

1 Year

Your donor area starts healing right after the surgery, however, in some cases of huge harvesting, it can take 12 months (1 year) to have your donor area totally recovered.

When Does Shedding Happen After a Hair Transplant?

15 Days

Shedding of the transplanted hair and the shock loss of your native hair are expected to start 15 days after the hair restoration surgery until 60 days (2 months) after the operation.





Physical Protection

When Can I Go Out In The Sun After a Hair Transplant?

1 Month

Sun exposure harms transplanted hair and you should wait for 30 days (1 month) before having your scalp exposed to the sun. You need to cover your hair before this time.

When Is Sweating Allowed After a Hair Transplant?

7 Days

You should avoid sweating for 7 days after the hair transplant operation. Sweating on the first days after a hair transplant can jeopardize your transplanted grafts.

When Can I Start Wearing a Hat After a Hair Transplant Surgery?

1 Day

Wearing a hat helps protect your scalp from sun exposure. You need to wear a fishing hat from day 1 to day 7 after the surgery, then you can wear a cap (tighter hat) until the 30th day.

One month after your hair restoration, you are free not to wear any hats.

When Can I Touch My Scalp After a Hair Transplant?

7 Days

Try not to touch the transplanted area for 7 days (1 week) after the surgery.

When Can I Have a Hair Cut After the Surgery?

10 Days

You need to wait for 10 days to be able to have hair on your donor area cut by scissors.

If you want to have your donor area cut by a razor or shave it, you should wait until the 30th day after the hair transplant.

When Can I Have a Hair Cut of My Transplanted Hair?

1 Month

You need to wait for 30 days (1 month) to have scissors hair cut for your transplanted hair.

If you want to have a normal haircut (using a razor), you need to wait for 6 months.



Washing

How Many Days After a Hair Transplant Surgery Can I Have Normal Hair Wash?

12 Days

You can wash your hair normally 12 days after your hair transplant when all your crust scabs are removed. Before that you should wash your hair with special foam provided by us.

When Do Scabs Appear After a Hair Transplant and When They Are Gone?

2 Days

Scabs start to appear 2 to 4 days after your hair transplant. Scab removal should be finished by the 12th day after your operation.





Special Care

When Can I Smoke Before and After a Hair Transplant Surgery?

7 Days

You shouldn't smoke cigarettes 1 day before the surgery. This ban continues until the 7th day after the surgery when you can continue smoking if you insist on it!

When Can I Drink Alcohol and After a Hair Transplant Surgery?

7 Days

Drinking alcohol is not recommended before and after a hair transplant surgery. You cannot drink alcohol from 3 days before the surgery, until 7 days after it.

For How Long Do I Experience Swelling After a Hair Transplant Surgery?

7 Days

Experiencing swelling is normal after a hair transplant surgery and it should end 2 to 4 days after the surgery. In extreme swelling cases, it can take up to 7 days to finish, however, if it doesn't contact your doctor immediately.

What Medications Should I Take After a Hair Transplant?

7 Days

There are several medications that your doctor might prescribe according to your situation. Your doctor will also set the length of your medication intake period.

When Can I Use Finasteride In A Hair Transplant Process?

2 Days

You can use Finasteride before and after your hair transplant. However, you should stop taking it 1 week before your surgery and restart it 2 days after your prescribed medications are finished.

When Can I Start Taking Supplements After a Hair Transplant Surgery?

2 Days

You need to take your supplements 2 days after finishing prescribed medications and pills.

- The healing or post-operative care period after a hair restoration surgery is important if you want to obtain the best results.
- Normally bleeding may occur in the donor area the first night after surgery..
- Please contact us if you have any question about the post care instructions.

