

## Hair transplant aftercare

More and more men and women are choosing a **hair transplant to recover lost hair** for various reasons such as age, hormonal factors, stress or genetic causes. To date, the innovative FUE technique of micrografting of the hair follicle has become one of the most requested because of its efficiency and its simple and fast postoperative post-transplantation process.

In this post, we explain the precautions that must be taken into account after the **Follicular Unit Extraction (FUE) process**. This technique, which has already become popular around the world, relies on transplanting follicular units from the donor area (the most populated) to the receiving area, which is suffering from alopecia and needs to be covered with new hair. In one session, up to 5,000 follicular units are transferred (each follicular unit can contain 1 to 4 hair).

### What precautions do you have after an FUE implant?

After performing the FUE technique, there is no need to stay in hospital. If it is true that there is the possibility of resting a few hours in the hospital room under observation for more serenity, the **postoperative of this hair transplant** is rather a series of recommendations that the patient must follow in the tranquility of his house, so that your process evolves in the usual way. These are some of the care after the hair transplant to consider:

- **Work:** Normally, the patient can return the next day. Although everything depends on your work, whether it is necessary to wear a helmet or to make a physical effort, such as construction, wait until two weeks to resume or even a month, as the case may be.
- **Sports:** You can not play sports during the first month. In the case of contact sports, such as martial arts, the rest period lasts up to 90 days.
- **Anti-inflammatories:** During the first week, it is customary to use anti-inflammatories, because it is very common to have the head a little swollen following a FUE implantation due to the product of whey and 'anesthesia.
- **Activities that involve perspiration:** Activities involving perspiration during the first week should be avoided as much as possible.
- **Hats and caps:** During the first three days, the head must remain uncovered, you can only use the hat which is given to you and which exerts very little pressure, during the first week and the helmets (motorcycles ...) after 1 month.
- **Haircut:** You can cut your hair with scissors after three months of surgery and to use a razor you have to wait six months.
- **Sleeping:** It is recommended for the first week of sleeping with an inflatable collar cushion to keep your position on the back.



## How to wash the hair after a transplant?

After a hair transplant, it is recommended to wash the head with lukewarm water **from the fourth day**. The best way to do this is with subtle touches, without scraping and gently drying it with paper towels. Only from the first month, it is advisable to dry with a towel. It is also from the 30th day and not until the patient can bathe or submerge himself in the sea or pool.

In the donor area, it is possible to notice itching and irritation during the first days, so that a **physiological saline solution** can be applied to relieve them. In addition, in the donor area, you can apply an **ointment or aloe vera gel** as pure as possible.

## Postoperative capillary graft

The post-operative period of a FUE hair transplant is very short and **hardly creates any scars**, as other procedures can do like the FUSS technique that leaves a large scar.

1. **First 15 days:** The most intense postoperative period of the FUE technique is the first 15 days, when the area is redder and you may notice itching and inflammation. Appear small crusts that start to fall naturally during the first week.
2. **Between the third week and the two months:** This is the phase in which the follicles are detached from the transplanted hair. Do not worry because this hair will grow back without falling.
3. **From 3 months:** The new hair starts to grow.
4. **From 6 months:** A new regrowth occurs with stronger and longer hair.
5. **One year after:** The result is visible in most cases with a completely natural finish, which does not distinguish the hair of an implanted follicle from that which has not been.

## F.A.Q

## **How To Prevent Swelling After Hair Transplant**

Prevention of swelling after hair transplant includes several methods. Keeping your head elevated while sleeping and relaxing is the number one factor that helps to minimize swelling. Your surgeon may advise effective medicines and suggest putting ice on the swollen areas.

## **Medicines To Be Taken After Hair Transplant**

Medicines to be taken after the hair transplant may vary. Still, we can define commonly prescribed drugs. The list includes antibiotics in the form of pills or cream, painkillers to use in the first days after the surgery, and medications for hair follicles maintenance and hair growth: Minoxidil or Finasteride.

## **How Many Days Does Swelling Last After Hair Transplant**

Swelling after hair transplant depends on many factors. It is generally observed 2 or 3 days after the procedure and is considered to be a normal post-surgery occurrence. The use of medications and cold compresses as well as following the recommended sleeping techniques can help to reduce the discomfort and the swelling itself.

## **What To Eat After Hair Transplant**

After the hair transplant, you need to keep a healthy diet that includes vegetables, natural oils, and nuts. Make sure you get enough vitamin B, magnesium and calcium. Your diet should not lack nutritional value. Avoid fast food and alcohol. Mind that smoking influences hair growth negatively.

## **How To Cover Head After Hair Transplant**

After the surgery, you will have bondage on your head. It is not recommended to cover the newly-transplanted hair or to use any kind of headwear for several days to avoid the risk of follicle damage and infection. You can start covering your head 7 days after the surgery in case your doctor does not say otherwise.

## **How To Reduce Swelling After Hair Transplant**

To reduce swelling after the hair transplant, you should ensure the right sleeping position: lie on your back, arrange multiple pillows so that your head would be at a 45-degree angle, and use the neck-pillow so that your head does not press against any surface. Additionally, you can take medications against edema and use cold compress or ice-pack.

## **Is Smoking After Hair Transplant Safe?**

Smoking is not quite safe after hair transplant. It may seriously affect blood circulation which can cause insufficient hair nutrition. As the post-surgery period is very important, you should eliminate any negative influence on the organism to shorten the recovery period and to achieve better results.

## **Is Sauna After Hair Transplant Safe**

Sauna after hair transplant surgery is not safe and prohibited by specialists. The newly-transplanted hair follicles remain fragile within several days after the operation. High temperature and sweat may cause damage to the new hairs and lead to bacterial infections. That is why it is recommended to keep away from the sauna within at least three weeks after the procedure.

### **When Can I Sleep Normally After Hair Transplant**

You can sleep normally after about two weeks from the day of surgery. The recovery period depends on individual peculiarities and general health conditions of patients. However, you should take special care throughout the most fragile period. As soon as the swelling has gone and you no longer feel the discomfort or pain all around the transplantation area, you can start sleeping in any desired position.

### **Is Drinking Coffee After Hair Transplant Safe**

Drinking coffee after the hair transplant is not safe. It can raise blood pressure and thus cause bleeding which sufficiently slows down the recovery. Although in small amounts coffee is not likely to do any harm, excessive caffeine consumption may lead to negative results. Strive to eat and drink healthy throughout the recovery period.

### **When To Start Workout After Hair Transplant**

You can start workouts after 2 weeks from the hair transplantation. Any actions and procedures that may cause sweating should be eliminated or fully avoided. Sweat may irritate the sensitive operated area and cause bleeding and infections. You may proceed with your regular exercises as soon as you see that the recovery is almost complete.

### **What Are Hair Transplant Aftercare Products**

Hair transplant aftercare products may include antibiotics that are prescribed to eliminate the risk of post-surgical bacterial infections, and painkillers to soothe the pain in the first days after the operation. You can use your regular shampoo and medical products like Minoxidil or Finasteride for hair nutrition and growth in case your doctor recommends them.

### **How Much Time Does Recovery After FUE Hair Transplant Take**

The recovery after FUE hair transplantation lasts about 1-2 weeks according to various aspects that influence it. In case you follow your doctor's recommendations, carry out the required procedures, take prescribed medicines, and sleep "correctly", the recovery time may be significantly reduced. On average, patients turn back to the office a week after the operation.

### **How Long Does Scalp Pain Last After Hair Transplant**

Scalp pain normally lasts for about a couple of days. Then, you may still feel the discomfort that will cease within two more days. While you will still observe some post-surgical marks over the transplantation area, you are most likely to feel no more pain after about four days in total. Otherwise, you need to contact your doctor to exclude the risk of infection.

### **How Much Time Does The Recovery Of The Hair Transplant Donor Area Take**

The recovery of the hair transplant donor area takes approximately 2 weeks. After the surgery, you will have bondage over the donor area. When it is removed, small dots will be observed on the shaved skin. The healing process will not take too long: as the hair grows, all post-operational marks will disappear and the esthetics will be regained.

### **When Can I Sleep On My Back After Hair Transplant**

After hair transplantation, you can start sleeping on your back not less than one week after the surgery. However, the riskiest period lasts for about two weeks. During this time you should avoid any pressure on the head. That is why we would recommend you to be patient and to avoid sleeping on your back within two weeks after the operation.