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Hair Transplant After Care Instructions

Your Appointment

First Wash Date: ____/____/____ Time: ____:____ AM/PM

These instructions are critical to protect your grafts, reduce complications, and achieve the best possible outcome. Please read carefully and follow them exactly.

Washing the grafts

Return to clinic the day after your procedure. We will remove your bandage and wash both donor and recipient areas for you and show you how to do it at home.

Recipient Area (Transplant Site):

- Days 2-6: Pat shampoo foam onto grafts, rinse gently. *No rubbing or scrubbing.*
- Days 7-10: Same, but let foam sit to soften scabs; begin very light circular motions with fingertips. Do not force scabs. Rinse gently.
- Day 10-14: Can massage a little more firmly if any scabs still remain.
- After 2 weeks: Wash normally; finish our provided shampoo, then switch to your own.

Spraying the grafts

Orange Bottle is for the Donor Area (Back of Head)

Blue Bottle is for the Grafts

- Shake bottle well before use
- **Spray every 1-2 hours while awake for first 3-4 days**
- Then reduce to 4-6x per day until day 7-10
- Let air dry, do not rub



Activity & Lifestyle Restrictions

- NO hats, helmets, shower caps, or head coverings for 2 weeks.
- Wear only button-up/zippered shirts for 5 days.
- Do not touch, scratch, or pick at grafts outside of described hair washes. Avoid contact from children or pets.
- Avoid exercise, heavy lifting, sweating, or heat exposure for 2 weeks.
- No swimming (pool, hot tub, ocean) for 30 days.
- Avoid smoking, vaping, and alcohol for 2 weeks.
- Avoid direct sun for 30 days. After 2 weeks, a loose hat may be worn outdoors.

Sleep

- Sleep on your back with head slightly elevated for 14 days.
- A travel pillow is strongly recommended.
- Do not allow grafts to touch pillows or blankets.
- Place a clean towel or washcloth over your travel pillow and change daily.

Haircuts & Hair Products

- No hair products (dye, gel, creams, serums) for 30 days.
 - Haircuts:
 - First 2 months: scissors only.
 - After 2 months: clippers may be used.
 - Do not cut shorter than a #2 guard in transplanted areas for 6 months.
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Medications - You will be prescribed these or similar medications. Take exactly as directed.

Pain Control

- Tramadol 50 mg by mouth.
 - Take 1 tablet every 4 hours as needed for pain.
 - Use only if needed.
- After the first 1-3 days, switch to Acetaminophen (Tylenol) if needed
 - 1000 mg every 6 hours as needed for pain
 - Do not exceed 3000 mg in 24 hours

Antibiotic - You will be prescribed one of the following antibiotics (see check mark):

- Cephalexin 500 mg by mouth
 - Take 1 capsule every 12 hours for 7 days, starting 1 day prior to surgery.
 - Take with food
- Clarithromycin 500 mg by mouth
 - Take 1 tablet every 12 hours for 7 days, starting 1 day prior to surgery.
 - Take with food

Steroid - Your provider will prescribe a short steroid course to minimize forehead or eye swelling:

- Medrol Dose Pack (Methylprednisolone 4 mg) following the standard 6-day taper.
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Recovery & Hair Growth Timeline

- Days 1-14: Redness, swelling, bruising, and scabbing.
 - Weeks 2-8: Transplanted hairs fall out - this is normal!
 - Months 2-4: Dormant phase - scalp may look unchanged.
 - Months 3-4: Early regrowth - fine, thin hairs begin to sprout.
 - Months 5-9: Active growth and thickening - density noticeably improves.
 - Months 9-12: Continued growth and cosmetic improvement.
 - Months 12-18: Final cosmetic result. Crown often matures later than front hairline.
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Itching

Itching is normal after hair transplant surgery and commonly occurs during healing, especially between days 5-21. It may affect both the donor and transplanted areas. Do NOT scratch, rub, or pick at the scalp, as this can dislodge grafts, cause bleeding, or increase infection risk. Continue using the blue spray for areas of itchiness. Continue to wash exactly as instructed. If needed, patients may take Loratadine (Claritin) 10 mg once daily OR Diphenhydramine (Benadryl) 25 mg at bedtime (may cause drowsiness).

Long-Term Maintenance

- A hair transplant restores bald spots but does not stop future hair loss. Additional hair loss therapies or additional hair transplant procedures may be needed over time. For ongoing hair-loss, we recommend **Happy Head** for their high-quality, physician-guided oral and topical medications.
 - **Xtrêse hair gummies** are a great option for patients looking for an easy, well-tolerated daily supplement to support hair strength and overall hair health.
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After-Hours Contact

For non-urgent questions after your procedure, you may leave a message on our after-hours voicemail. Messages are reviewed during regular business hours. This voicemail is not monitored overnight.

If you experience a medical emergency call 911 or go to the nearest emergency room.