

DAY	POST SURGERY MOUSSE SHAMPOO <i>(When finished, reuse your daily shampoo)</i>	HAIR SPRAY TREATMENT	POST SURGERY SERUM <i>(Apply only a thin layer)</i>	POST SURGERY OIL	IBUPROFEN 600mg <i>(Only in case of pain)</i>	OMEPRAZOLE 20mg / DICLOFENAC 100mg (FUE)	ANTIBIOTICUM AZITHROMYCINE 250 / 500mg	BANDANA OR CAP ALLOWED
	Recipient + donor area	Recipient area	Recipient area	Donor area				
0	By the medical staff	Every 30 minutes during daytime			Every 4 hours			
1	By the medical staff	Every 30 minutes during daytime			Every 4 hours	Evening	Morning	Bandana
2	No hair wash required	Every 30 minutes during daytime			Every 4 hours	Evening	Morning	Bandana
3	Wash & dab gently	(3 x / day)			Every 4 hours	Evening	Morning	Bandana
4	No hair wash required	(3 x / day)			Every 4 hours	Evening		Bandana
5	Wash & dab gently	(3 x / day)	1 x / day	1 x / day	Every 4 hours	Evening		Bandana
6	No hair wash required	<i>(should definitely be finished by now)</i>	1 x / day	1 x / day	Every 4 hours	Evening		Bandana
7	Wash & dab gently		1 x / day	1 x / day		Evening		Bandana or cap
8	No hair wash required		1 x / day	1 x / day				Bandana or cap
9	Wash & dab gently		1 x / day	1 x / day				Bandana or cap
10	Wash & rub gently		1 x / day	1 x / day				Bandana or cap
11	Wash & rub gently		1 x / day	1 x / day				Bandana or cap
12	Wash & rub gently		1 x / day	1 x / day				Bandana or cap
13	Wash & rub gently		1 x / day	1 x / day				Bandana or cap
14	Wash & rub gently		1 x / day	1 x / day				Bandana or cap



DAILY ACTIVITIES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16-30	3 months	6 months	1 year
Keeping the head still	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT														
No office work	VERY IMPORTANT																		
No heavy physical efforts	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT														
Being careful whilst sneezing, blowing one's nose	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT												
No travelling (due to postoperative swelling)	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT															
No driving (due to postoperative swelling)	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT															
No swimming (chlorinated pool) + swimmers cap	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT			
Avoid seawater (salted water)	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT												
No sexual activities	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE												
No sports FUE	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT												
No sports FUT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT				
No head covering	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT				
Bandana allowed (bandana provided by the clinic)		QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT														
Swelling			QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT												
No direct sun exposure during first 14 days, afterwards protect area with sunblock SPF 50+	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT
No sauna	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT				
No solarium	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT
No hairdresser	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE				
No hairpiece	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE				
Avoid dusty areas	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT				

VERY IMPORTANT

QUITE IMPORTANT

ADVISABLE



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16-30	3 months	6 months	1 year
POSTOPERATIVE HAIR WASHING																			
Use of Mousse Shampoo			VERY IMPORTANT		VERY IMPORTANT		VERY IMPORTANT		VERY IMPORTANT		VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT					
Use of Hair Spray Treatment		VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT													
No use of blow dryer	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE												
Use of blow dryer with cold air/lowest position								ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE					
Use of blow dryer with warm air/highest position																ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE
Formation of crusts	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE												

STIMULATION OF HEALING PROCESS

Use of Post-Surgery Serum					VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT					
Use of Post-Surgery Oil					VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT					
Use of Ibuprofen 600mg (when necessary)	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE													
Use of Tramadol 50mg (when necessary)	ADVISABLE																		
Use of Diclofenac 50mg (only when necessary)		ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE									
Use of vitamins (in case of hyperaesthesia)	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE
Use of Minoxidil 5%																ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE
Use of Finasteride	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE
Use of hair fibres (Fullmore, Toppik, etc.)																ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE
Use of Azithromycine 250mg/500mg	ADVISABLE	ADVISABLE	ADVISABLE																

REMOVAL OF SUTURE AND STAPLES

Removal of suture and staples														VERY IMPORTANT					
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VERY IMPORTANT

QUITE IMPORTANT

ADVISABLE



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16-30	3 months	6 months	1 year	
HAIR EVOLUTION																				
Falling out of FU							ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE				
Growth of transplanted hair	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	
New hair growth visible depending on slow/quick grower																	ADVISABLE	ADVISABLE		
Duration postoperative shock loss																	ADVISABLE			
End result noticeable from																			ADVISABLE	
SLEEPING POSITION																				
Use of protective sheet	ADVISABLE																			
Sleeping with neck pillow	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE														
Adapted sleeping position	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE														
No sleeping pills	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE														

VERY IMPORTANT

QUITE IMPORTANT

ADVISABLE

