

Important postoperative instructions after a hair restoration procedure

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Contact information

- In case of medical emergencies during the 1st postoperative night, you can contact the following numbers at any time:

Dr. Feriduni	+49 (0)172 402 4000
Ms. Wilmots (head nurse)	+32 (0)475 744 043

- In case of urgent medical questions, please contact us on help@feriduni.com
- In case of all other queries, please contact our office between 08:00 AM and 06:00 PM on the following number: +32 (0)11 299 790

Important!

We advise you to follow the following instructions as much as possible in order to enable a quick recovery without complications. Please keep these instructions near at hand so you could easily retrace all required information concerning the aftercare.

1. Instructions immediately after surgery

- **Driving**

For safety reasons, we advise our patients not to drive themselves after the treatment, as the local anesthetic can reduce alertness in traffic. Preferably you should be driven and collected, or take a taxi.

- **Be careful with certain movements**

Please make sure that you do not bump your head, particularly when getting in and out of a car. This could cause bleeding.

Be careful when getting dressed and undressed, and preferably wear clothing with a zip or buttons, especially during the first few days after treatment.

After a FUT - Try to hold your head straight all the time, and avoid sudden movements, both sideways movements and bending forward. This will not put strain on the stitches, and allow the wound to heal well.

- **Position when sleeping**

During the first week after the treatment, it is preferable to sleep on your back and in an almost sitting posture. Use the neck pillow provided so that the transplants in the transplanted area do not become detached.

- **Blood loss after treatment**

On the night after the treatment, there may be slight blood loss both from the transplanted area and the donor area. This is completely normal. You will receive a special adhesive cover that you can put around your neck pillow and/or head cushion, so that the bed linen is not soiled.

- **Showering**

You may take a shower after the operation, but you must not stand with your head underneath the water jet. Avoid showers that are too long or too hot.

- **Consumption of alcohol and smoking**

It is best not to smoke and/or drink much alcohol after the treatment!

- **It is preferable to be accompanied**

We advise our patients to come with their partner, a friend or relative, so that another person is always present during the first night. Not possible? Then always keep the telephone within reach in case a problem should arise.

2. Possible side-effects

▪ Swelling

Due to the local anesthetic and the liquid sprayed into the scalp during the treatment, a swelling will occur on the forehead after the treatment. This swelling will occur at its worst on the face from the 2nd until the 4th day after the operation. If the area around the eyes is swollen, it can seriously restrict your vision. After that, the swelling will gradually subside and decrease. The moisture will be eliminated from the body via the lymph glands. A few tips to restrict the swelling:

- *Try to keep your head straight and not bend forward*
- *Regular cooling with the cool pack after the treatment eases the swelling. Only cool the forehead/eyes, never the transplantation area. After using, put the cool pack back in the refrigerator, preferably not in the freezer compartment.*
- *Drink a lot of water*

▪ Inflammation

If there is an inflammation, usually clear symptoms can be observed, such as redness and a painful, hot sensation. If these phenomena appear, please contact our clinic as soon as possible. A course of antibiotics will be prescribed (Azithromycine 250 or 500mg) if necessary. Azithromycine is also administered preventively during the surgery to prevent inflammation.

▪ Hyperesthesia of the scalp

In some cases, mostly after FUE, a hyperesthesia of the scalp may occur. Hyperesthesia of the scalp, i.e. an enhanced sensibility of the scalp/an irritation of the nerve tissue, is a rather uncommon side effect caused by the extraction of the follicular units. The medication Diclofenac 100mg (against pain and antiphlogistic effect) in combination with the vitamins should lessen the uncomfortable feeling already after 2-3 days:

- *Vitamin B1 (Thiamin) 100-200mg a day*
- *Vitamin B2 (Riboflavin) 50-100mg a day*
- *Niacin 50mg a day*
- *Vitamin B6 50mg a day*
- *Biotin 200-300mg a day*
- *Vitamin B12 50mcg! a day (e.g. Vitasprint ampoules, 1 ampoule every other day)*

- **Formation of scabs**

In the first few days after the treatment, scabs will form on the transplantation area. After about 7-10 days, these scabs should come off unaided, and often, hairs will detach with them. This is a natural process. The hair roots are weakened after the operation by a reduced oxygen supply, and the transplanted hairs which will fall out. Since the hair roots are only weakened but not damaged, they will produce strong hairs again, which will be visible after about 4 to 12 months. We point out that in some cases, in densification treatments, nearby hairs can fall out as well, and will also be visible after a similar period (postoperative shock loss).

Please note – All scabs should be removed 2 weeks after the procedure! In case they do not come off unaided, it is advisable to take a long shower to moisturize the scabs and to put a hydrating lotion (Aloe Vera or Bepanthen, Nivea lotion) on the recipient area, leave it to soak for half an hour, if possible under a plastic shower cap, and try to remove the scabs by firmly rubbing during the shampoo. Repeat this every day until all scabs are removed.

- **Itching**

In the first few days after the hair transplant, you may experience itching both in the transplantation area and in the donor area. The healing process is often associated with itching, so there is no need to worry. Try to avoid scratching (hard), especially in the transplantation area.

3. Aftercare

	POST-SURGERY MOUSSE SHAMPOO RECIPIENT + DONOR AREA <i>(WHEN FINISHED, USE YOUR DAILY SHAMPOO)</i>	HAIR SPRAY TREATMENT RECIPIENT AREA	POST-SURGERY SERUM RECIPIENT AREA	POST-SURGERY OIL DONOR AREA
DAY				
0	By the medical staff	Every 30 minutes during daytime		
1	By the medical staff	Every 30 minutes during daytime		
2	No hair wash required	Every 30 minutes during daytime		
3	Wash & dab gently	3 x / day		
4	No hair wash required	3 x / day		
5	Wash & dab gently	3 x / day	1 x / day	1 x / day
6	No hair wash required	<i>(should definitely be finished by now)</i>	1 x / day	1 x / day
7	Wash & dab gently		1 x / day	1 x / day
8	No hair wash required		1 x / day	1 x / day
9	Wash & dab gently		1 x / day	1 x / day
10	Wash & rub gently		1 x / day	1 x / day
11	Wash & rub gently		1 x / day	1 x / day
12	Wash & rub gently		1 x / day	1 x / day
13	Wash & rub gently		1 x / day	1 x / day
14	Wash & rub gently		1 x / day	1 x / day

	IBUPROFEN 600MG	TRAMADOL 50MG (FUT)	AZYTHROMYCINE SANDOZ (= antibiotics)	OMEPRazole 20MG DICLOFENAC 50MG (FUE)	BECOZYME
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DAY

0	Every 4 hours	When necessary			1 x / day
1	Every 4 hours	When necessary	Morning	Evening	1 x / day
2	Every 4 hours		Morning	Evening	1 x / day
3	Every 4 hours		Morning	Evening	1 x / day
4	Every 4 hours			Evening	1 x / day
5	Every 4 hours			Evening	1 x / day
6				Evening	1 x / day
7					1 x / day
8					1 x / day
9					1 x / day
10					1 x / day
11					1 x / day
12					1 x / day
13					1 x / day
14					1 x / day
15					1 x / day
16-30					1 x / day
30-60					1 x / day
FROM 3 MONTHS					
FROM 6 MONTHS					
FROM 1 YEAR					

4. Instructions for the first months

- **Sebaceous gland irritation**

From the third month after the treatment, you will feel that new, young hairs are starting to emerge. Sometimes little pimples (sebaceous gland irritation) form under the skin, which can be irritating. However, this is part of the growing process, where the new hairs are trying to find a way out. If the sebaceous gland irritation is really annoying, you can apply a warm, damp compress for a few minutes, 2 to 3 times per day. If this is not enough, you can contact our clinic so that you can be treated on the spot. Do not squeeze the pimples yourself under any circumstances!

- **Hair loss shock**

A 'hair loss shock' can occur after the treatment, which involves the existing hair partly falling out. These hairs should start growing back, in principle, together with the transplanted hair (after 3 to 4 months). This side-effect only occurs with 10-20% of all patients.

- **Numb sensation**

On the donor area, you may get a numb sensation after an FUS treatment. This is no cause for concern, because the numb sensation will gradually disappear and the sensitivity will return after 4 to 12 months.

- **End result**

The end result can be judged after 12 months in the case of an FUS treatment and after 12 to 18 months in the case of an FUE treatment. The end result must be evaluated in consultation with Dr. Feriduni and cannot be evaluated without a personal consultation with Dr. Feriduni. Other postoperative examinations are carried out preferably 4 months and 8 months after the treatment.

5. Postoperative instructions

VERY IMPORTANT

QUITE IMPORTANT

ADVISABLE

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

VERY IMPORTANT

QUITE IMPORTANT

ADVISABLE

POSTOPERATIVE HAIR WASHING

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15	Day 16-30	From 3 months	From 6 months	From 1 year	
Use of Mousse Shampoo	Very Important	Quite Important	Very Important	Advisable	Advisable	Advisable	Advisable	Advisable												
Use of Hair Spray Treatment	Very Important	Very Important	Very Important	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable
No use of blow dryer	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable
Use of blow dryer with cold air / lowest position	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable
Use of blow dryer with warm air / highest position	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable
Formation of crusts	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable

STIMULATION OF HEALING PROCESS

Use of Post-Surgery Serum	Advisable	Advisable	Advisable	Advisable	Very Important	Advisable	Advisable	Advisable	Advisable	Advisable										
Use of Post-Surgery Oil	Advisable	Advisable	Advisable	Advisable	Very Important	Advisable	Advisable	Advisable	Advisable	Advisable										
Use of Ibuprofen 600mg (when necessary)	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable
FUT: use of Tramadol 50mg (when necessary)	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable
Use of Diclofenac 50mg (when necessary)	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	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	Advisable
Use of Minoxidil 5%	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	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	Advisable
Use of hair fibres (Fullmore, Toppik, etc.)	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable
Use of Azithromycine 250mg / 500 mg	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable	Advisable

7. FAQ

1. For how much time will it be visible that I underwent a HT surgery?

If you are planning to undergo a hair transplant surgery, you should bear in mind to avoid important social or professional commitments during the first 10-14 days postoperative. In most cases it will no longer be noticeable that you underwent a FUE procedure at 10 days postoperative.

In case of a FUT procedure it will be necessary to remove the staples on the 14th day postoperative.

Afterwards it will barely be noticeable that you underwent a hair transplant procedure. Redness of the scalp could however persist for a longer period after surgery (weeks to months), especially in case of patients with a sensitive scalp.

2. When will I be able to go to work after a HT surgery?

In principle it is not a problem to work after the surgery but due to the edema (swelling in the face) we recommend at least 1 week of non-activity in case of a FUE surgery and due to the staples, 2 weeks of non-activity in case of a FUT surgery.

3. Am I allowed to drive immediately after surgery?

Due to the sedation, it is not recommended to drive immediately after the surgery, it is best to come accompanied and let your companion drive. Patients that are staying at the hotel or guesthouse will be driven to their accommodation by the taxi service. On the day after it is not a problem to drive.

4. When will I be able to take a shower after surgery?

It is possible and even recommended to take a shower from the 1st day postoperative day onwards, make sure to use a low water pressure though. Avoid showers that are too long or too hot.

5. Is it necessary to remove both the staples and stitches after a FUT surgery?

The staples need to be removed at 2 weeks postoperative. It is generally not necessary to remove the stitches after a FUT surgery, the sutures that are used to close the donor wound are absorbable.

6. I suffer from a severe oedema in my face, should I worry?

Due to the local anesthetic and the liquid injected into the scalp during the treatment, a swelling will occur on the forehead after the treatment. This is completely normal and will disappear after a couple of days. This swelling will occur at its worst on the face from the 2nd until the 4th day after the operation. If the area around the eyes is swollen, it can seriously restrict your vision. After that, the swelling will gradually subside and decrease.

The moisture will be eliminated from the body via the lymph glands. A few tips to restrict the swelling:

- Try to keep your head straight and try to avoid bending forward
- Regular cooling with the cool pack after the treatment eases the swelling. Only cool the forehead/eyes, never the transplantation area. After using, put the cool pack back in the refrigerator, preferably not in the freezer compartment
- Drink a lot of water

7. I suffer from a stinging and burning feeling at the back of my scalp. Do I suffer from hyperesthesia?

Yes you are unfortunately suffering from hyperesthesia. Hyperesthesia of the scalp, i.e. an enhanced sensibility of the scalp/an irritation of the nerve tissue, is a rather common side effect caused by the extraction of the follicular units. The medication Diclofenac 100mg (against pain and anti-inflammatory effect) should lessen the uncomfortable feeling already after 2-3 days.

8. When will I be able to exercise again?

In case of a FUE procedure it is recommended to start exercising again at 2 weeks postoperative, in case of intensive or contact sports (soccer, combat sports, etc.) we recommend at least 4 weeks of rest. Even after 4 weeks postoperative it is recommended to avoid any bumps to the head.

9. When will I be able to go to the sauna or Turkish bath, hammam?

We recommend to avoid the sauna, Turkish bath or hammam for at least 4 weeks postoperative. The high temperatures and humidity are not conducive for the healing process and should better be avoided.

10. When can I start using Rogaine again?

It is important to stop using Rogaine from the day of the surgery until 2 weeks postoperative.

11. When can I start using hair fibers again?

It is possible to start using hair fibers at 2 weeks after surgery if all scabs are removed. If not it might be better to wait until 3 weeks postoperative.

12. How high is the risk that I suffer from postoperative hair loss?

Postoperative shock loss is an unfortunate side effect of a hair transplant procedure and could occur in the recipient area, the areas surrounding the recipient area or even in the donor area. This is mostly a temporary condition where native hairs are “shocked” due to trauma of the scalp during hair transplantation surgery, creating an additional but mostly temporary hair loss condition. Shock loss occurs when the native hair is weak and isn’t strong enough to resist the surgical trauma that is going on around it. More often than not the hair that has gone into shock will grow back but after 3/4 months after the resting phase.

Shock loss can occur both in the recipient area, the areas surrounding the recipient area or even in the donor area a few weeks to a few months after having hair transplantation surgery.

Postoperative shock loss of course does occur in women. In those that are having hair transplants, there is a risk of shock loss in women as well as men, but the hair seem to always return in women, not the case in men who have progressive hair loss with considerable miniaturized hairs. If you suffer from postoperative shock loss, it is recommended to start using Rogaine foam as it could fasten the growing process. In the meantime, you could consider the use of hair fibres to camouflage the hair loss.

13. How do I use the postoperative kit?

The post-surgery mousse shampoo needs to be applied from the 1st postoperative day onwards. It needs to be applied every other day until the 14th day postoperative by dabbing the shampoo gently on the scalp.

The hair spray treatment needs to be started from the 1st day and applied every 30 minutes during daytime the first 3 days. From day 3 you can use it 3x/day. After 6 days, the spray should definitely be finished.

The post-surgery serum needs to be applied on the recipient area after the shampoo from the 5th postoperative day onwards until the 14th postoperative day. It is important to apply only a thin layer of serum on the recipient area, apply it 1x/day by dabbing the serum gently on the recipient area. The serum doesn’t need to be rinsed off on days that the hairs are not being washed.

The post-surgery oil should be applied on the donor area from the 5th postoperative day onwards until the 14th postoperative day. It needs to be applied 1x/day by dabbing the oil on the donor area.

14. A residue of serum remains on my scalp after the hair wash, could this damage the transplanted hairs?

It is important to put only a thin layer of serum on the recipient area. From the 7th day postoperative it is possible to rub the scalp during the hair wash so it will be easier to remove the serum. If there still are some residues left from the serum, it is not a problem for the transplants so there is no need to worry.

15. Do the scabs come off by themselves after the surgery?

At 9 days postoperative it is recommended to start gently removing the scabs while washing your hair. The scabs might not all come off during the first wash but they should all be removed by the 10 postoperative day. There might be transplanted hairs that could come off together with the scabs but that is completely normal and inevitable. In that case the transplanted hair bulbs will start to produce new hairs and these will start to grow at about 3-4 months postoperative. If not all scabs are removed after the 12-13th postoperative day it is recommended to apply a moisturizing lotion on your scalp and let it soak for at least half an hour up to 45 minutes and put a piece of household foil on top. Afterwards rinse the lotion from your scalp and start rubbing the scabs from your scalp.

After rinsing, you can wash your hair whilst making again rubbing movements so the scabs will fall off. A fine comb could also help to remove remaining scabs.

16. I have lost some transplanted hairs together with the scabs, are these transplants lost?

No, these transplants are not lost, the transplanted hair bulbs are fixed into the dermis and will start to produce new hairs, those new hairs will be visible at about 3-4 months after surgery. They will be very sparse and fine in the beginning and will grow thicker and fuller in the following months.

17. I suffer from pimples on my scalp. Is there anything I should do?

If you suffer from a few pimples, there is no need to do anything. If you suffer from too many painful pimples, you could put a warm compress on the pimples and let it soak for a couple of minutes. Afterwards try to squeeze the pimples by using 2 compresses, never squeeze the pimples with your bare hands, this might cause an infection.

18. I have 'cracked lines' in the recipient area. Should I worry about this?

When the scalp is very dry or dehydrated after the surgery, 'cracked lines' could occur in the recipient area. This phenomenon appears when the scalp returns to its normal condition. It is almost comparable to the cracks in the desert (see pictures below). You could use a moisturizing body lotion to hydrate the scalp (for example The Postoperative Serum from Dr. Feriduni Hair Clinic or a regular Nivea lotion).



19. I am now 3 months postoperative, what can I expect at this stage?

This stage after the surgery is often very difficult for the patient because nothing much happens and a lot of patience is necessary. Patients often start to worry because there is (mostly) no hair growth visible and the hair situation might even look worse at this stage than prior the surgery. Only in few cases (fast growers) the transplanted hairs did not fall out after surgery and just continue to grow but is rather rare than common.

20. I am now 6 months postoperative, what can I expect at this stage?

New hair growth is visible at 6 months postoperative but mostly the hairs are still sparse and thin at this stage and will grow thicker and denser in the following months.

21. I am now 9 months postoperative, what should I expect at this stage?

At 9 months postoperative there should be quite some hair growth visible, but the maximum hair density has normally not been attained yet. In the following months hair density should still increase.

22. At what time after the surgery will the final result be perceptible?

The final result is mostly visible between 12 and 18 months after surgery. Fast growers will have their final result attained at 10-12 months postoperative but generally it takes rather 12 to even 18 months before the final result shows.