

### Medication

Generally, medication should be taken in the morning and evening or every 12 hours and always after each meal.

1. **Tabl. Zinadol 500mg** (Antibiotics)

You should take 1 tablet in the evening after the procedure, then 1 more tablet in the morning & another 1 tablet in the evening, **after a meal**, for 3 days.

2. **Tabl. Xefo Rapid 8 mg** (Anti-Inflammatory and Pain Relief)

You should take 1 tablet in the evening after the surgery, **after dinner**.

The next day, you should take 1 tablet in the morning and another 1 in the evening, **after a meal**.

On the 3rd day, you should take the last tablet in the morning, **after breakfast**.

3. **Tabl. Panadol Extra** (Painkiller-optionally)

In case of any pulling or pain at the donor area, during the first 2-3 days after the surgery, you can take 1 tablet.

4. **Tabl. Prezolon 5 mg** (To avoid swelling). Taken in accordance with the following protocol:

**2<sup>nd</sup> Day (the next day of the surgery):** 2 tablets in the morning, **after breakfast** & 2 tablets in the evening **after a meal**.

**3<sup>rd</sup> Day:** Same as above.

**4<sup>th</sup> Day:** Same as above.

**5<sup>th</sup> Day:** 2 tablets in the morning, **after breakfast**.

**6<sup>th</sup> Day:** 1 tablet in the morning, **after breakfast**.

### The first few days after surgery

- For the first 3 days, avoid sleeping in a prone position, in order to protect the grafts of the 1st zone and avoid swelling on the forehead. We recommend sleeping on your back or slightly to the side. Cover your pillow with a subset.
- For the first 3 days, apply cold compresses to the front, as often as possible, in order to avoid swelling. Ideally, apply a cold compress for 15 minutes and repeat every 2 hours. Make sure the compresses are applied 2 cm down from the first rows of implants.

HAIR TRANSPLANTATION POSTOPERATIVE INSTRUCTIONS

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- Finally, for the first 3 days, regularly spray the implanted grafts with the saline spray we supply you with, in order to maintain moisture in the area. The process should be repeated every 2 hours and 4 to 5 sprays each time are sufficient.
- The first shampooing will be the day after surgery in our clinic. Preferably, the first days shampooing should be conducted by us, so as to be sure that all necessary procedures are properly done and also to check the implants. When we ensure everything is going smoothly; you can start washing your hair by yourself.
- In the first few days we recommend shirts that can be worn and removed, easily. Avoid tight blouses and t-shirts that could be difficult to put on and risk being in contact with the implants.
- Be careful with your movements, during the first few days. Because of numbness on the operated area, you may not have a good sensation of the scalp and therefore you may be prone to bumps.

General Instructions

- Avoid alcohol and/or aspirin consumption for 4 days.
- Reduce smoking for 4 days.
- It is recommended to avoid intense physical exercise, weight lifting, even intense chewing for 4 days. You can return to the gym or to any other sports activity, after 10 to 15 days.
- Avoid wearing a cap or a helmet in the first few days after surgery. In case you need to cover your head, you should use the hat we supply you with.
- Avoid hair styling products for 1 month.
- Avoid prolonged exposure to sunlight, for the first 3-4 weeks and sunbathing for the first 3-4 months.
- In case we have placed stitches in the donor area, their removal must be conducted after 15-20 days in accordance with doctors' instructions.
- We care about staying in touch with you, throughout the whole post-operative course. A re-check needs be done every 3 months, till the end of the first year, when we will also assess the final and permanent result.
- For any further questions or requests, you can contact the doctor or the clinic - 24 hours per day – at the following phone numbers: **6945904999 & 6974899165**

Thank you

I confirm that I received all the necessary information

Patient Signature

Physician signature

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