

Post-operative Instructions

for the Hair Transplantation

Medication

The following medications are taken morning and evening or every 12 hours and always after meals.

1. Tabl. Zinadol 500mg (Antibiotic)

Take one tablet the night after surgery. Then one tablet the next morning and one tablet in the evening after dinner and continue the same for next two days.

2. Tabl. Xefo Rapid 8 mg (Anti-inflammatory and analgesic)

On the day of surgery you take one tablet in the evening after dinner.

The next day one tablet in the morning and one in the evening after dinner.

The next morning you take the last tablet after your breakfast.

3. Tabl. Panadol Extra (Painkiller - optional)

If you feel pulling or pain in the donor area during the first 2-3 days you can take a painkiller.

4. Tabl. Prezolon 5 mg (To prevent swelling)

Obtained according to the following figure:

Day 2 (The day after surgery): Two tablets in the morning after breakfast and two tablets in the afternoon after dinner.

Day 3: Likewise.

Day 4: Likewise.

Day 5: Two tablets in the morning after breakfast.

Day 6: One tablet in the morning after breakfast.

The first days after surgery

– For the first 3 days, avoid sleeping face down, to protect the implants of the first zone and to avoid swelling on the forehead. Prefer to sleep on your back or lightly on your side. Cover your pillow with the sub-sheet we give you.

– For the first 3 days, apply cold compresses on the forehead, as often as possible, to avoid swelling. The ideal is to apply the cold compress for 15 minutes and this is repeated every 2 hours. Make sure that the compresses are applied 2 cm below the first rows of grafts.

– For the first 3 days, you spray the grafts with the saline spray that we give, in order to maintain sufficient moisture in the recipient area. The process is repeated every two hours and 4 to 5 sprays at a time are enough (optional).

– We recommend the first wash to be done the day after the operation in our clinic. We prefer the wash of the first days to be done in the clinic, in order to monitor and control the donor and the recipient area.

- In the first days we recommend wearing shirts that come and go easily. Avoid tight-fitting blouses and t-shirts that make it difficult for you to wear them and there is a risk of them coming into contact with the implants.
- Be careful in your movements in the first days. Due to numbness in the operated surface, you do not have good aesthetics on the scalp and may be prone to bumps.

General instructions

- Avoid drinking alcohol & taking aspirin for 4 days.
- Limit smoking for 4 days.
- It is recommended to avoid intense physical exercise, weight lifting, and even intense chewing for 4 days. Return to the gym or any other sports activity, after 10 to 15 days.
- Avoid wearing a hat as well as the use of a motorcycle (helmet) in the first days after surgery. If you need to cover your head, you can use the hat we provide.
- Avoid covering the transplanted area with hair styling products or anything substitute for about a month.
- Avoid direct exposure for a long time to sunlight especially in the first 3-4 weeks and sunbathing for the first 3-4 months.
- If we have placed sutures in the donor area, their removal should be done after 15-20 days under the instructions of the doctor of our clinic.
- We are interested in being in touch with you throughout the postoperative period. A re-check needs to be done every 3 months. The final result will need about 12 months and then we will evaluate the final result.
- For any question or query, you can contact your doctor or clinic- 24 hours a day- at telephones 6945904999 & 6974899165

The patient's condition is considered satisfactory and he / she is able to leave the clinic safely. The patient was explicitly instructed not to drive for the next four (4) hours after leaving the clinic and committed to it.

Thanks

I declare responsibly that I have been informed in detail

Patient Signature

Physician Signature