



DR. FERIDUNI
H A I R C L I N I C

Important postoperative instructions after a hair restoration procedure

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We advise you to follow the instructions below 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.

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.

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 (for ex. 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 Shockloss). **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.

INSTRUCTIONS AFTER A FUE OR FUT TREATMENT

POST SURGERY KIT					MEDICATION			MISCELLANEOUS
Day	Post Surgery Mousse Shampoo – Hair Wash <small>(recipient & donor area)</small>	Hair Spray Treatment <small>(recipient area)</small>	Post-Surgery Serum <small>(recipient area)</small>	Post-Surgery Oil <small>(donor area)</small>	Ibuprofen 600mg	Omeprazole 20mg AND Diclofenac 100mg (FUE)	Antibioticum Azithromycine 250/500 mg	Bandana/cap
0	By the medical staff	/	/	/	In case of pain Every 4 hours	/	/	Bandana allowed
1	By the medical staff	ca. 3 x a day	/	/	In case of pain Every 4 hours	Evening	Morning	Bandana allowed
2	No hair wash required	ca. 3 x a day	/	/	In case of pain Every 4 hours	Evening	Morning	Bandana allowed
3	Mousse Shampoo (dabbing gently)	ca. 3 x a day	/	/	In case of pain Every 4 hours	Evening	Morning	Bandana allowed
4	No hair wash required	ca. 3 x a day	/	/	In case of pain Every 4 hours	Evening		Bandana allowed
5	Mousse Shampoo (dabbing gently)	ca. 3 x a day	ca. 2- 3 x a day	ca. 2- 3 x a day	In case of pain Every 4 hours	Evening		Bandana allowed
6	No hair wash required	ca. 3 x a day	ca. 2- 3 x a day	ca. 2- 3 x a day	In case of pain Every 4 hours	Evening		Bandana allowed
7	Mousse Shampoo (dabbing gently)	/	ca. 2- 3 x a day	ca. 2- 3 x a day		Evening		As from the 7th day Bandana or cap allowed
8	No hair wash required	/	ca. 2- 3 x a day	ca. 2- 3 x a day				
9	Mousse Shampoo (dabbing gently)	/	ca. 2- 3 x a day	ca. 2- 3 x a day				
10	No hair wash required	/	ca. 2- 3 x a day	ca. 2- 3 x a day				
11	Mousse Shampoo (dabbing gently)	/	ca. 2- 3 x a day	ca. 2- 3 x a day				
12	No hair wash required	/	ca. 2- 3 x a day	ca. 2- 3 x a day				
13	Mousse Shampoo (dabbing gently)	/	ca. 2- 3 x a day	ca. 2- 3 x a day				

Day 0 = day of surgery

Omeprazol 20 mg – stomach protector, take 1 tablet right before dinner

Diclofenac 100 mg – take 1 tablet in the evening during dinner

Tramadol 50 mg – only in case of emergency/severe pain during the 1st night after surgery (1 tablet every 4 hours)

The first months after the treatment

- **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!

- **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 post-operative examinations are carried out preferably 4 months and 8 months after the treatment;

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16-30	3 months	6 months	1 year
Postoperative instructions																			
I Daily activities																			
Keeping the head still	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT														
No office work	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 physical efforts	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																			
No driving	QUITE IMPORTANT		QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT														
No swimming	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT												
Avoid seawater	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT														
No sexual activities	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE												
No excitement	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)		POSSIBLE	POSSIBLE	POSSIBLE	POSSIBLE														
Swelling	POSSIBLE	POSSIBLE	VERY IMPORTANT	VERY IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	POSSIBLE											
No sun exposure	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 bumping	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 graft touching	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		
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				
II Sleeping position																			
Use of protective sheet	ADVISABLE																		
Sleeping with neck pillow	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE													
Adapted sleeping position	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT													
No sleeping pills	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT													
Postoperative instructions	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16-30	3 months	6 months	1 year
III Postoperative hair washing	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16-30	3 months	6 months	1 year

