



# hairline transplant Aftercare Instructions

# Recovery Timeline

- Week 1:The area around the transplant site will scab, swell, and be tender. Sleep upright.
- Week 2:The scabs begin to fall off by week two. It is now possible to resume light activity despite the redness and swelling.
- Weeks 3-4: Transplanted hair sheds. New growth has yet to be visible.
- Months 3-9: Gradual new hair growth. Improved thickness over time.
- Month 12: Full results visible, though maturation continues for 18+ months

## Medications

- Take over-the-counter pain relievers like acetaminophen or ibuprofen as directed for discomfort.
- Take prescribed antibiotics to prevent infection for one week after surgery.
- Use medicated shampoo if prescribed to keep the scalp clean.

## Diet

- No special dietary restrictions.
- Stay hydrated by drinking plenty of water and fluids.

## Activity Restrictions

- Avoid strenuous exercise for 2 weeks after surgery to allow proper healing.
- Sleep on your back with your head elevated for 1 week. Avoid pressure on the treated areas.
- Do not scrub or pick treated areas of the scalp.

## Incision Care

- Change head dressings daily, as directed by your surgeon. Dispose bloody gauze carefully.
- Wash scalp gently with lukewarm water and pat dry around graft sites after 2 days.
- Apply topical antibiotic and/or cortisone cream to incision sites gently after cleaning.
- Avoid picking scabs. Let them fall off on their own after 1-2 weeks.
- Wear a wide-brimmed hat outdoors to protect scalp from sun for 6 weeks.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

#### Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: [Info@iranhealthagency.com](mailto:Info@iranhealthagency.com)

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: [www.iranhealthagency.com](http://www.iranhealthagency.com)

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



## International Care, Local Comfort

Get in touch:

