

## POST-OPERATION INSTRUCTIONS

- 1)** The following day of surgery, bandage will be removed gently. If you wish you can remove your bandage yourself or we can remove it in our clinic. The bandage should be removed carefully and gently. If the bandage adhere to hair strands, the bandage should be dampen with Batticom Scrub in that way it can be removed easily.
- 2)** Hair must be washed with Providonelodine Scrub (Betadine, Batticon). You will lather “Providonelodine Scrub” and then rinse off with abundant water twice. This step will be done on first and second day.
- 3)** After the 2nd step, your hair will be washed just as your normal daily routine. The following month, baby-shampoo will be used to wash your hair. After 1 month you can use your regular shampoo.
- 4)** The First day, after you wash and dry your hair gently, you will pomade “Terramycin Ophthalmic Pomad” on donor and transplanted areas which is used to make the scabs to fall off easier and earlier. Pomade will be put on the scabs by using gauze strip/bandage, after that, you will slide the gauze bandage over the hair in accordance with hair angels (on the donor area from up to down, on the frontal area from back to front). There will remain a thin layer of pomade and residuary layer will be taken off by using sterilized gauze bandage/strip. This procedure will be done 2 or 3 times a day. Our goal is to make wound scabs and clotted blood residues go off the scalp and hair. Approximately 5 or 6 days later there will be no residue of blood and wound scabs. After this time, nobody can understand you had a hair-transplant surgery. No need to pomade “Terramycin Ophthalmic Pomad” after scabs fall off.
- 5)** You can wear loose and not-tightening hat. But it mustn’t stay on your head for too long and mustn’t make you sweat.
- 6)** In first 3 weeks, you must avoid heavy exercises. You can do some exercises that will not make you sweat.
- 7)** During the first 3 months, it is not recommended to expose the scalp to heavy sun light that can make your scalp tanned. Daily and short-time sun exposures are not harmful and tolerable. You must also avoid solarium.
- 8)** Swimming in sea or pool is not recommended for the first 3 weeks. Daily bathing and short-time showers are not harmful. Public bath and sauna are not recommended during the first month.
- 9)** 3 weeks after the surgery, it is strongly recommended to use “Minoxidil” or anti-hair loss solutions to prevent your existing hairs from fallout. You can use “Propecia” any time and no need to stop using it before surgery.
- 10)** 1 month after the surgery you can have your haircut by clippers but never use a razor!
- 11)** Keep in mind that, transplanted hairs will be fall out in 2 or 3 weeks after the surgery (very rarely no fall out occurs). The fall out ratio is about %50-80. Fall out process will end in 3 months and after 3rd month your transplanted hairs start to grow. The final result will be seen at the end of one year.