

SPECIAL NOTES

This information applies in addition to the after care process described on the other pages.
Please make sure to follow it for your best result.

- Swelling in the first week is common; sleep guidelines must be followed to reduce this.
- Blue eyes or other small haematomas may occur after the 3rd day.
- Itching will be more severe in the first month; skin should be moisturised regularly and Bepanthen applied.
- Pimples are normal between the 2nd and 5th month. A wound disinfectant spray can be applied to pimples.
- Redness may be present up to the 3rd month.
- Non-transplanted hair may continue to be straightened.

Eyebrows:

- The transplanted area should not be touched for two weeks after the procedure, as there is a risk of infection.
- For the first ten days, only use the foam on the eyebrows, the donor area can be washed with the shampoo.
- After the first two weeks, regularly massage eyebrows from the inside out (direction of the eyebrows).
- It is recommended to use a cosmetic eyebrow gel from the 3rd month to maintain the hair growth direction.
- The transplanted hair grows faster than the eyebrows, they must be trimmed. This is required for 6-8 months. Do not cut until they grow. It is recommended to perform trimming of growing hairs with battery operated eyebrow scissors or scissors with eyebrow comb.
- Do not use tweezers for one year.

Beard:

- Talk as little as possible for the first two days and eat only liquid or semi-liquid food (avoid facial expressions).
- Use only the foam on the beard for the first ten days, the donor area can be washed with shampoo.
- Do not shave (with razor or machine) for the first four months, beard may only be trimmed with scissors.

If you have any doubts or unexpected symptoms
during the first ten days, please contact your clinic.

[hairskin.com](https://www.hairskin.com)



HAIR & SKIN

Care after the hair transplant

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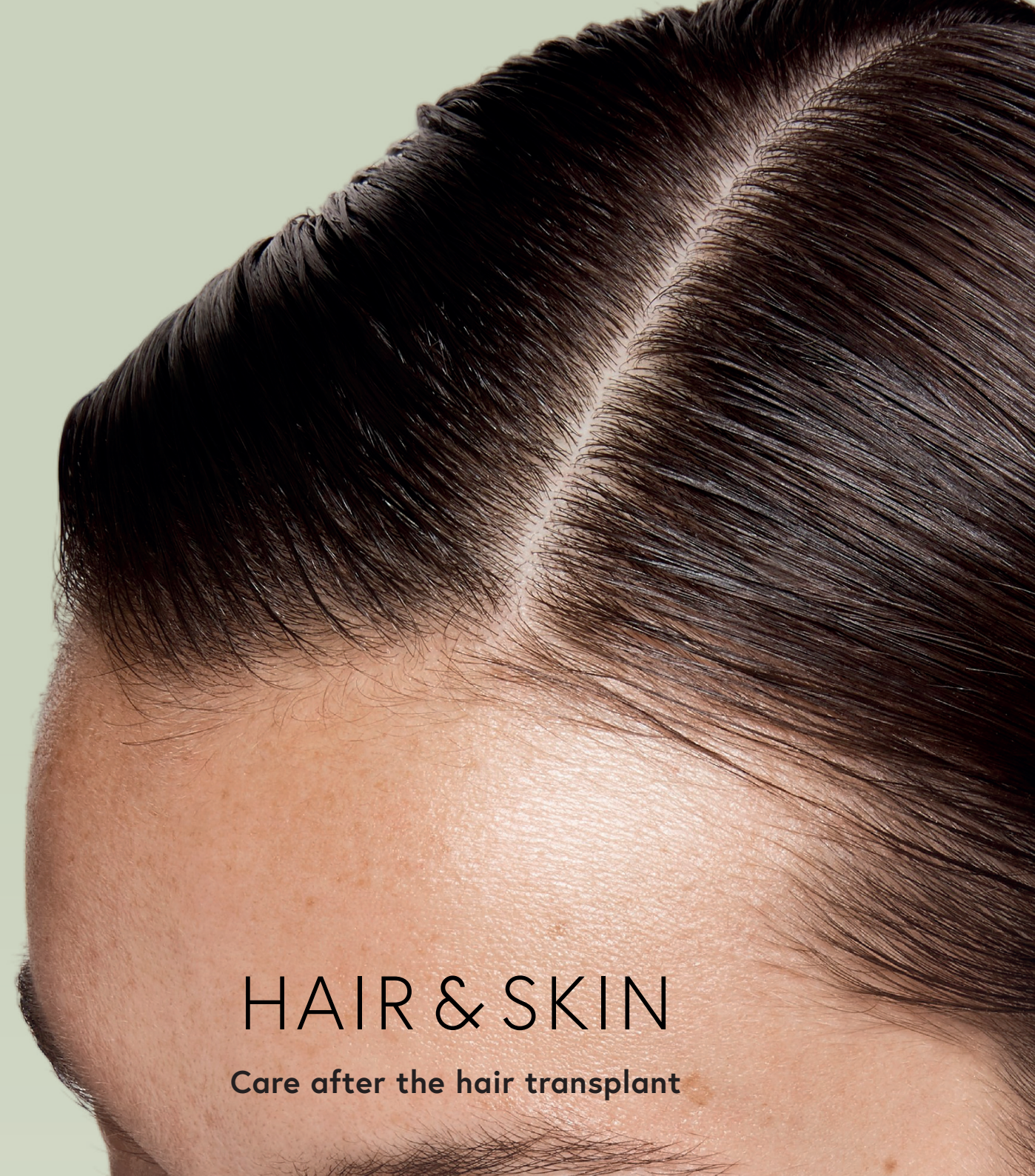
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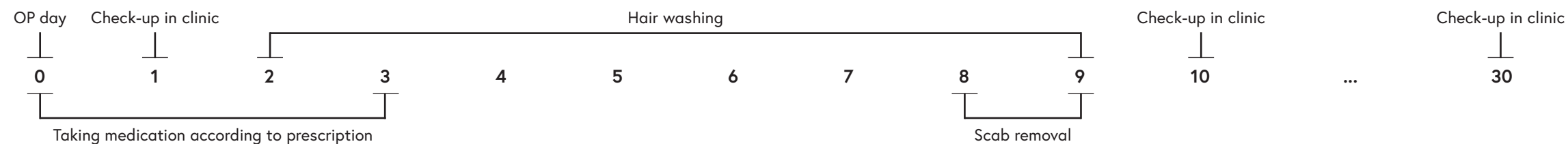
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HAIR & SKIN

Care after the hair transplant



CARE DURING THE FIRST 30 DAYS

- 0-1**
- Do not touch or wash the implanted area.
 - Sleep on your back with your upper body elevated (30-45°) to avoid pressure on the transplanted area.
 - Ideally use a travel pillow (neck pillow). Bed pads can be used as a sleeping surface.

1 1-day check-up

- 2-7**
- Gently apply the HAIR & SKIN foam with fingertips. Leave on for 30 minutes and rinse off with a light stream of water.
 - Carefully wash the remaining hair with the HAIR & SKIN shampoo and massage the donor area at the back of the head with circular movements and rinse with a light stream of water.
 - Gently blot with a paper towel. Do not use a cloth.

- 3+**
- A side sleeping position may be adopted.
 - Light headgear is permitted (without exerting pressure on the transplanted area).

- 7+**
- Sleeping on the stomach is allowed again.

- 8**
- If crusts are still present, leave the foam on for 1 hour. In addition, the washing process should be completed with circular movements to massage the remaining crusts.

- 9**
- If crusts are still present, leave the foam on for 2 hours. In addition, the washing process should be completed with circular movements to massage the remaining crusts.

10 10-day check-up

- 11+**
- The hair can be washed as usual, the shampoo can still be applied. The foam is no longer needed.
 - The hair that has not been transplanted may be cut with scissors. Do not use a razor.
 - A cap/hat may be worn again.
 - Light sport activities and sexual intercourse are allowed again (no sweating).

- 14+**
- If a helmet/cap must be worn for professional reasons or when working with steam, a clean fabric that absorbs sweat must be used and changed regularly.
 - Do not smoke, consume alcohol or drugs.
 - The donor area may be cut with scissors. Do not use a razor.

30 30-day check-up

- Start PRP treatment to strengthen the transplanted hair and speed up the healing process. Haven't booked your PRP treatment yet? Contact your clinic now.

DON'TS DURING THE FIRST MONTHS

- 0-1**
- No swimming pool, sea, sauna, solarium, sunbathing and intense sports activity (no sweating).
 - Do not use a hair dryer.
 - Do not use hair products (minoxidil, wax, gel, spray) on the transplanted area and in the donor area.
 - Do not cut the transplanted hair, only the donor area may be cut, e.g. with a razor.
 - Do not wear a motorbike helmet.

- 0-2**
- Do not engage in contact sports (e.g. ball sports, boxing, dancing).
 - Do not dive.
 - Do not use minoxidil.
 - Do not wear a wig.

- 0-3**
- Do not use the hair dryer with warm air (only cold air is allowed).
 - Do not use hair products (wax, gel, spray) on the transplanted area.
 - Do not dye, blow dry, shave or pluck hair.
 - It is generally not recommended to use chemical products on the hair after a hair transplant.
 - Avoid direct sunlight.
 - Do not cut the transplanted hair.

- 0-6**
- Do not use hair dye.
 - No pigmentation or tattooing.
 - Do not wear a wig (with glue).
 - If you would like a second hair transplant, you can contact your clinic now.

- !**
- If you had an eyebrow or beard transplant, please consider the information on the other pages as well.