

## Comprehensive Hair Transplant Recovery & Growth Timeline

### DAY 0 - Procedure Day

- Transplant completed. Grafts are fresh and very fragile.
- Your scalp may be numb or sore. Redness and swelling are expected.
- Begin prescribed antibiotics, painkillers, or anti-inflammatories if given.
- Sleep on your back, head elevated at 30-45°, ideally with a neck pillow.
- Do not touch graft area. Avoid all physical activity.
- No hat unless clinic provides a loose post-op one.

### DAYS 1-3

- Swelling may peak, especially on forehead or around the eyes (can be worse if you had frontal hairline work).
- Itching or mild discomfort in donor or recipient area is normal.
- Still sleeping elevated. Avoid hot showers, sun, bending over, or sweating.
- No alcohol, smoking, or sex. Grafts need full protection.
- Hospital may allow a very gentle rinse on Day 2-3 but no rubbing.

### DAYS 4-6

- Scabs begin to form and harden. Tingling and itching increase.
- Swelling should now be reducing.
- You can start wearing a soft, loose hat (like a bucket hat or wide beanie) - nothing tight-fitting or rubbing on grafts.
- You may begin gentle washing with light fingertip pressure. No scrubbing yet.
- Still avoid sex, alcohol, and intense movement - grafts are more secure, but not 100% healed.

### DAY 7

- Grafts are now anchored in place.
- You can start gently massaging to loosen scabs in the shower - very light pressure with fingertips in a circular motion.
- Itching and tightness are still common.
- You may sleep flat on your back if comfortable.
- Still avoid sweating, but light walking is fine.

## **DAYS 8-10**

- Continue washing and actively remove scabs.
- By Day 10, all scabs should be completely gone - if not, gentle but firmer washing is encouraged.
- Sexual activity is now generally safe, as long as you don't bump your head or sweat heavily.
- You can start drinking alcohol in moderation (after Day 10).
- Hair dye, hot tubs, swimming, helmets, and sun exposure still off limits.

## **DAY 10 - Big Milestone**

- Grafts are now fully settled.
- Most restrictions ease after this point.
- You can resume:
  - Sleeping normally
  - Light cardio
  - Wearing fitted hats (clean and not too tight)
- Still avoid direct sun and sweating for another couple of weeks.

## **DAY 14**

- Shock loss may begin - transplanted hairs shed to make way for new growth. This is completely normal.
- Donor area should be mostly healed.
- You may still feel tingling, itchiness, or mild tightness.

## **WEEKS 3-4**

- Most scabs, redness, and visible signs of surgery should be gone.
- Transplanted hairs continue to shed - nothing to worry about.
- Hair enters telogen phase (resting phase), where not much happens visibly.
- You can now:
  - Return to moderate workouts
  - Wear a helmet (briefly and carefully)
- Resume most normal routines (just avoid extreme heat or sweat)

## **WEEKS 4-6**

- You can now:
  - Swim in chlorinated pools, ocean, or lakes
  - Get sun exposure, but use SPF 50+ or wear a hat

- Dye your hair (check with hospital first)
- No visible growth yet - don't worry, this is still the resting phase

## **MONTH 2**

- You might see early, thin hairs emerging - or still nothing, both are normal.
- Hairs that do grow may be wispy, colourless, or fine.
- The itching and tingling fade for most people.
- Return to all normal activities including full workouts and haircare.

## **MONTH 3-4**

- New growth really begins.
- Fine "baby hairs" start becoming more visible.
- You'll notice density is still low, but it's a major turning point.
- Hair may grow unevenly - some areas quicker than others.

## **MONTH 5-6**

- Major improvement in density and coverage.
- Hair begins to thicken and darken.
- Texture becomes more like your normal hair.
- Most people are excited by their progress at this point.

## **MONTH 6-9**

- Around 60-70% of your final result is now visible.
- Hair looks fuller, but still maturing.
- Any numbness, tightness, or donor area signs should be fully resolved.

## **MONTH 9-12**

- Final stretch. Hair continues to mature and thicken.
- Most patients see their final result around Month 12, though minor growth can continue up to 15 months.