

The Healing Process After a Hair Transplant

Aftercare



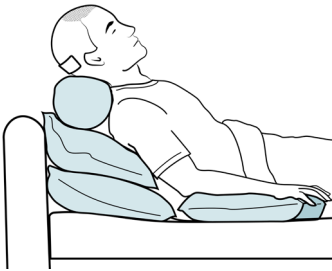
Do you have questions or need help?

We want you to feel comfortable after your procedure, and we're here to help you. You're welcome to call or write to us, and we'll get back to you as soon as possible.

You can contact us at phone: 43 10 10 01 or email: kontakt@pilorum-haarklinik.dk

How to sleep after your hair transplant

In the days following your hair transplant, it is important to avoid contact with the area where the new grafts have been placed. If touched, it may affect the healing process and damage the new grafts. When sleeping, make sure to lie in a position that does not touch the recipient area. This may feel unusual for many. Here are some tips to help you protect your new hair while sleeping:

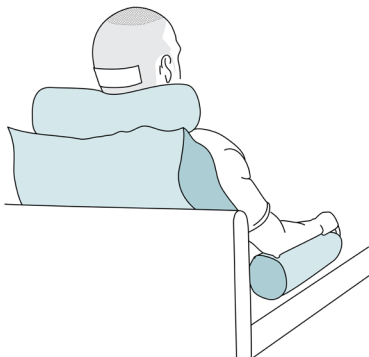


1.

For the first 2 nights, you should sleep in an upright position. The area with transplanted hair must not come into contact with anything. Place several pillows on top of each other to elevate your head. We recommend using a neck pillow for extra comfort.

2.

If you tend to move a lot during sleep, it may help to roll up towels or place pillows on both sides of you to support your arms.



3.

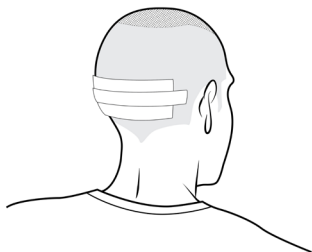
After 2 days, you may return to sleeping on your back or side. However, from day 2–5, you should still ensure the transplanted area is not touched.

4.

After day 5, the new grafts are securely fixed, and you no longer need to take special precautions while sleeping.

Bandage

How to remove your bandage:

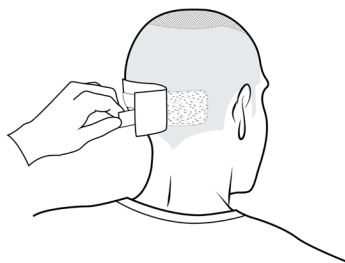


1.

After the treatment, Vaseline is applied to the donor area to keep it clean and reduce the risk of minor bleeding. A dressing is taped in place to prevent the Vaseline from making the area greasy.

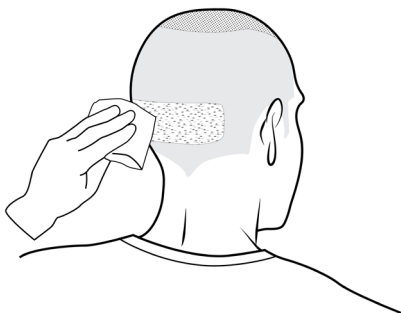
2.

The next day, around noon, the dressing should be removed. It is important that it is not left on for more than 24 hours, as it may stick to the skin.



3.

After removing the dressing, you can gently dab the area with paper if there are any blood residues. If the dressing has dried and sticks, there may be some bleeding during removal. This is harmless and heals quickly. You may wash the area if you prefer.



4.

You do not need to apply a new dressing afterward; let the area breathe instead. The wounds in the neck heal quickly. If it itches, weeps, or becomes dry, you can apply aloe vera lotion. You do not need to take special care of the donor area compared to the transplanted area.

Washing the area

For the first 7 days, do not touch the area where the new hair has been placed. You may begin rinsing your hair without shampoo 72 hours after the procedure, but ensure that only water touches the area. The water stream must be soft and lukewarm.

On day 4, you can start washing your hair gently with a mild shampoo, which we will provide. Wash your hands thoroughly or use gloves. Lather the shampoo in your hands and gently apply it to the transplanted area, without rubbing. Let the shampoo sit for a few minutes, then rinse it off carefully with lukewarm water and a gentle stream – see the next page for correct washing technique.

Continue this process daily until 7 days have passed.

After the 7 days, you should gently massage the area with your fingertips while in the shower. This will help the scabs fall off within 7–10 days, allowing the grafts to grow more quickly.

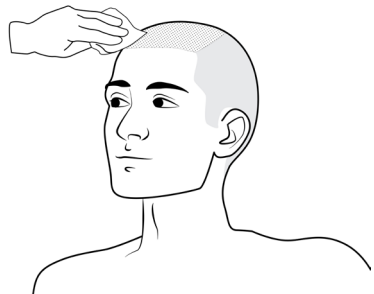


1.

When rinsing or washing the hair, use a soft stream of lukewarm water. Let it run for at least 10 minutes to soften the scabs for easier removal.

2.

Use kitchen paper to gently pat the scalp/hair dry. After 5 days, you may begin using a clean towel.



Aftercare

The healing process after a hair transplant typically proceeds without pain or complications. However, it is important to follow the instructions and advice provided by Pilorum Hårklinik closely. This is essential to achieve the best possible result and minimize any risks.

- After a hair transplant performed using the FUE method, small scabs will appear in the donor area (neck) and the implanted area (scalp). These typically disappear within 7 to 10 days. It is important not to pick them, even if they itch. Follow the instructions carefully to help the scabs fall off naturally.
- The scalp may swell slightly after the procedure, but this usually subsides within a few days.
- Maintain good hand hygiene after the procedure and change to clean bed linens when you return home. Avoid touching the transplanted area.



Provided Spray

It is important to keep the transplanted area moist for the first 3 days. You have received a spray to be used every 30 minutes. It is not necessary to use the spray while sleeping.



Lotion

If the donor area (neck) feels dry or tight, you can massage it and apply some aloe vera or unscented lotion.



PRP – Follow-Up Treatment

To enhance the healing process, we recommend a series of 4 PRP treatments:

1. During the hair transplant (included)
2. 10 days after the procedure
3. 20 days after the procedure
4. At follow-up after 12 months



Washing Summary

On the 4th day after the procedure, you can begin gently rinsing your hair. It is important to follow the clinic's instructions as described above for proper washing on the correct days. Avoid drying the scalp with a towel. Instead, use kitchen paper to pat it dry. Washing the hair is important to reduce the risk of infection.



Hat / Cap

After 5 days, you may start wearing a head covering such as a basketball cap or bucket hat. It must be loose-fitting and only worn for short periods.



Alcohol

Do not consume alcohol for up to 48 hours before and after the procedure.



Sunlight

Avoid direct and intense sunlight during the first 2 months after the procedure.



Haircuts

After 4 weeks, you may trim the transplanted hair, but the clipper guard must not be shorter than 3 mm.

For the first 6 months, do not shave the transplanted area with a razor. You may cut the rest of your hair and the donor area as you wish.



Sauna

Avoid using saunas for up to 4 weeks after your transplant.

The high temperatures, heat, and sweat can harm the newly transplanted grafts.

Precautions and Activities



Public Pools & Ocean

Avoid jacuzzis and public swimming pools for the first 4 weeks. These places often contain many bacteria, chlorine, and cleaning agents. Also, avoid swimming in the ocean for 4 weeks after the procedure.



Snus

Snus does not affect healing as severely as smoking does. However, we still recommend avoiding snus for at least 48 hours after the procedure.



Sexual Activity

Try to keep sexual activity calm and gentle for the first week after your hair transplant. Like with exercise, changes in blood pressure can damage the tiny blood vessels in the grafts and may cause them to die.



Exercise

Wait about 2 weeks before resuming training or activities that raise your heart rate or blood pressure significantly. Also avoid lifting heavy objects or bending your head excessively. Light walks are beneficial and encouraged to ensure good blood circulation.



Smoking

Smokers are advised to avoid tobacco for at least one week after the procedure. Smoking significantly affects blood circulation and may impair the healing process.



Hair Care Products

After 2 months, you may return to using your preferred shampoo, provided your scalp has returned to normal. If not, contact the clinic. Products like gels, sprays, oils, serums, fibers, etc., can be used no earlier than 4 weeks after the transplant.

Do You Have Questions?

If you have any questions once you're home,
you can always reach us at **43 10 10 01**,
or you're welcome to visit us at the clinic.
Find more information and opening hours at:
www.pilorum.dk

