



POST OPERATION SCHEDULE

First **15 Days**

First **1 Months**

First **3 Months**

First **6 Months**

12-18 Months

DAILY ACTIVITIES



Avoid Smoking



Avoid Sports



Avoid Gel -
Spray - Mousse



Avoid Hair Dye



Reduce Salt and
Sweet Intake



Avoid Dusty
Areas



Avoid Heavy
Activities



Avoid Blow
Dryer



Avoid Alcohol



Avoid Using
Normal Hat



Avoid Sauna
& Swimming



Avoid Hot
Blow Dryer



Avoid Sexual
Activities



Avoid Shaving
of Donor Area



Avoid Shaving of
Recipient Area

HEALING PROCESS



Swelling



Healing
Completed



Shed of
Transplanted
Hair



50-60% Growth of
Transplanted Hair



Final Result



Scabs



Growth of
Transplanted
Hair

SLEEPING POSITION



Use
Neck Pillow



Elevated Head
(45 Degrees)