



# 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)