

# THE HAIR MISSION

## POST-OPERATIVE INSTRUCTIONS

### *After FUE (Follicular Unit Extraction) Hair Transplant*

Proper care after your hair transplant is essential for healing, comfort, and the best cosmetic results. Please follow these instructions carefully:

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#### 1. Immediately After the Procedure

- You may experience **swelling, redness, or tightness** in the scalp. This is normal and temporary.
  - Avoid touching, scratching, or rubbing the **grafted or donor areas**.
  - A **light dressing or band** may be applied over the donor area. Follow staff instructions on when to remove it.
  - **Handle the grafted area with extreme care.**  
Avoid touching, rubbing, or any direct pressure, as this can dislodge the grafts or cause them to fail to take root properly. Even minor trauma in the first few days can lead to poor result
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#### 2. Sleep Instructions (First 3–5 Days)

- Sleep with your **head elevated** (use 2–3 pillows or a recliner) to minimize swelling.
  - Use an airline pillow to prevent your head from your grafts from hitting the pillow.
  - Protect the transplanted area from friction or contact with pillows or blankets.
  - Avoid sleeping on your stomach or sides.
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#### 3. Activity Restrictions

- **No strenuous exercise, bending, or heavy lifting** for 3 weeks.
  - Avoid sun exposure, swimming, saunas, steam rooms, or dusty environments for at least 3 weeks.
  - Refrain from alcohol and smoking for at least 7 days, as they hinder healing.
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#### 4. Washing Instructions

**Day 0 (Day of Procedure): Do not wash your hair. Day 1–3:**

- Begin gentle misting with saline spray or sterile water every 1–2 hours (if advised).
- Do not apply pressure or touch grafts directly.

**Day 4–7:**

- Begin **gentle hair washing** using a mild or medicated shampoo.
- Mix shampoo with water and pour gently over the scalp. Rinse the same way.
- Do not let water from shower head hit grafts directly. Instead fill up a cup and lightly have the water run down the graft.
- **Do not rub or scrub** the grafted area — let scabs fall off naturally.

## Day 8+:

- You may gradually resume more normal washing, but still avoid forceful rubbing until two weeks.

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## 5. Donor Area Care

- You may feel **tightness or soreness** in the donor area. Apply antibiotic ointment if prescribed.
- Keep the area clean and dry. Small scabs or redness will resolve in **1–2 weeks**.

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## 6. Medications

Take all **prescribed medications** exactly as instructed:

- Pain relievers (if needed)
- Antibiotics (if prescribed)
- Anti-inflammatories or swelling reducers
- Topical or oral minoxidil/finasteride (if recommended)

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## 7. Shedding Phase

- Transplanted hairs will **fall out within 2–4 weeks** — this is **normal**.
- Hair growth begins around **3–4 months**, with full results appearing in **9–12 months**.

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## 8. Avoid the Following:

- Scratching or picking at scabs
- Wearing tight hats or helmets (first 7 days)
- Hair dyes, chemicals, or harsh shampoos (first 4 weeks)

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## 9. Follow-Up Appointment

Attend your scheduled follow-up visit to ensure proper healing. Contact the clinic if you experience:

- Excessive bleeding or pus
- Severe pain or swelling
- Fever or signs of infection
- Graft loss or sudden changes in the scalp

## Questions or Concerns?

For questions or concerns, please contact our clinic at:

☎ [\(407\) 501-4550](tel:(407)501-4550)

✉ [info@thehairmission.com](mailto:info@thehairmission.com)