

Prior to hair transplantation

The following list contains practical instructions to observe before hair transplantation. To ensure for a smooth course of the procedure, observe the following instructions:



Do not take any vitamins, aspirin, ibuprofen, or any anti-arthritis drug. Paracetamol, which is the main component of Paralen, is allowed. If you are in doubt about the suitability of your drug, consult us.



Do not drink alcohol for seven days prior to the procedure. Alcohol may cause excessive bleeding that will complicate the surgery.



Get an eight-hour sleep prior to the procedure.



Eat well prior to the surgery. As the procedure takes a long time it is important to make sure the patient is not hungry. An empty stomach could cause nausea or weakness.



In the morning on the day of the procedure, wash and dry your hair. Do not apply any spray, gel, or any other styling product.



Bring a loose-fitting baseball hat and for practical reasons put on a buttoned-up shirt.

Post-surgery instructions

Instructions for the days after the hair transplantation. After the surgery, follow our advice that will facilitate your healing and will make the result match your expectations.



Do not drink alcohol for three days following the surgery. Alcohol may dilute your blood and cause unwanted bleeding.

Do not take any vitamins, aspirin, ibuprofen, or any anti-arthritic drugs for three days after the surgery. These drugs may also thin your blood and cause bleeding. Paracetamol, which is the main component of Paralen, is allowed.

We may prescribe several drugs after the surgery. Always follow the dosage specified by your attending physician.

PREDNISON – relieves swelling. It is recommended to prevent swelling even if it is not visible.

ANTIBIOTICS – the physician may prescribe antibiotics preventing infection in the post-surgery period.

PAINKILLERS – analgesics that may help alleviate pain after the procedure.

Avoid any physical activity and exercise for at least three days following the surgery. Excess activity during the first seven days after the procedure may cause bleeding and loss of the grafts as well as swelling of the eyes and forehead.

Avoid bending and lifting of heavy weights during 48 hours after the surgery. You should sleep with your head and upper part of your body positioned above your heart (use several pillows).

In exceptional cases, minor bleeds from one or more places of the graft may occur. Stop bleeding by placing a wet flannel on the affected place for 5 – 10 minutes. Be careful not to damage the surrounding grafts.

During the first three days following the procedure you should apply ice packs on your scalp. Do not place the ice pack directly on the skin where the grafts are implanted. Place it on the forehead where you can leave it for 10 minutes.

The only side effect of surgical hair transplantation is swelling that may take usually between 48 to 72 hours. The swelling is not related to pain. It starts on the forehead and runs towards the top of the nose. It may also appear around the eyes. This swelling is normal and will disappear after three days.

Do not wash the graft or disturb them in any other way for 24 hours after the procedure. After this time, wash your hair by applying the shampoo on your palm and gently massage it into your scalp. Rinse with cold water and gently flowing stream. Observe these instructions for at least five days after the surgery. After that you can return to your normal hair washing routine.



We recommend daily use of quality hydrating conditioner over the entire scalp. It will prevent the formation of any scabs. Apply it gently and leave in for about five minutes. Rinse with gentle stream of water.

After washing, dry your scalp by gently pressing a soft towel or gauze.

If you usually use hand dryers, use only cold air for the first five days. Warm air may cause minor bleeds from the implanted grafts.

Over 24 to 72 hours, scabs will start forming in the places where new grafts are implanted. The scabs will heal in 3 – 10 days. When a scab falls off, it may include some hair. Don't panic, this is normal.

Do not scratch the scabs. You may infect the scalp and affect the survival of the implanted grafts. If the scabs don't disappear after two weeks, try to apply shampoo more vigorously. The first five days after the surgery are critical. Make sure you observe all the instructions provided by your physician in those first five days.

During several weeks after the surgery you may experience some in-grown hairs, i.e. hairs that didn't grow through the scalp. They look like small bumps and are painless. Apply a warm wet cloth three times a day. If they still persist after three days or become red and swollen, contact us.

If you are using Rogaine, get off it for at least 4 days following the surgery.

Swimming and bathing in chlorinated water is not recommended for at least seven days after the surgery. On the other hand, swimming in salty water is recommended in the first three days after the surgery but it is not obligatory.

Post-operation check-up takes place upon arrangement, usually 7 – 10 days after the procedure.

If you encounter any problems not listed in these instructions, contact your attending physician.