

### Pre-operative DO's and DONT's

Inform us about your routine medications and any diseases.



Stop taking Aspirin, blood thinners, steroids, or anti-inflammatory medications 10 days prior to your procedure.

Inform us at least 1 week prior to your arrival if you have any redness, rash, itchiness, pimples or dandruff on your head.



Don't drink any alcoholic beverages or drugs at least three days prior to your procedure. Stop smoking one week before.

If you are taking broad beta-blockers, please contact your surgeon before your surgery.



Don't cut your hair for at least 2 weeks. If you are wearing a hair system, remove it 3 days prior to your surgery.

Cardiac patients might need written consent from their cardiologist.



Don't take Vitamin B and E for one week before your procedure.

You are about to invest time and money in your treatment abroad. Please follow these instructions carefully. If you have any queries, please do not hesitate to contact your Travel Coordinator or email to [info@longevity.co.uk](mailto:info@longevity.co.uk)

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# Longevity

Health, Beauty, and Wellness

## Recovery Timetable

### How to Take CARE

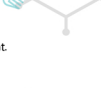
#### 1st week

- Drink lots of water during your first week and avoid eating salty foods.
- Sleep on your back and elevate your head from your donor area.
- Don't consume alcohol on your 1st week.
- Don't lean forward and don't bump your head.
- Avoid sexual activities.
- Don't go under pressurized water while washing your head.



#### 2nd week

- You should start massaging your transplanted area to remove the scabs.
- Your shock loss period may start and the scabs may significantly decrease.
- You may start sleeping on your sides.
- You may experience pain and itching on your donor area.
- You can start wearing loose caps and scarves.
- You can start wearing lace wigs when you complete your 2nd week.
- You may start using showerheads when you complete your 2nd week.



#### 1st month

- You may start using oils and supplements such as biotin and zinc.
- You may start going to the gym, pool, sauna, solarium and under direct sunlight.
- You can start having PRP injections to stimulate hair growth.
- You might experience acne and bumps on your surgical areas.
- Most of your transplanted hairs will fall on your 1st month.
- You may start wearing beanies and wooly hats.

#### 3-12 months

- Your transplanted hairs will start growing.
- You might experience bumps and ingrown hairs on your transplanted area.
- Your redness will start to reduce now, but you will have numbness for a while.
- Keep on massaging your scalp to stimulate hair growth.
- You will see more density each month, and you will see the final results within 12-15 months.
- Send us your recovery photos on a regular basis.



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## Expected Discomfort

### How to Take CARE

#### Swelling



It may occur for first 7 days, usually in the forehead. To help decrease the swelling, sleep in an elevated position, 45 degree angle for 1-3 nights after the surgery.

#### Itching



It is expected to face itching during your recovery. It is a sign of the healing process and hair growth. You may use ocean water 2-3 times a day on your donor and recipient areas, if it bothers too much or if there is redness you may contact your patient care specialist.

#### Bleeding



It may occur following first 2-3 days, usually in the forehead. To help decrease the swelling, sleep in an elevated position, 45 degree angle for 1-3 nights after the surgery.

#### Numbness

It is normal to have numbness in the first 3-4 days. You may apply massage to reduce it.

#### Pain



After the surgery you might experience pain, you will be given painkillers. Depending on your pain threshold it will diminish after 3-4 days



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## Expected Discomfort

### How to Take CARE

#### Folliculitis & pimples

After the operation they may occur on your 2nd or 3rd weeks or even after until you complete your early recovery period.

It also happens due to the new growth under the scalp, try to avoid scratching.

#### Infection



You can easily prevent the infection, you need to follow the washing instructions carefully and pay attention to your personal hygiene

#### Pain



After the surgery you might experience pain, you will be given painkillers. Depending on your pain threshold it will diminish after 3-4 days



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## Washing Instructions

### How to Take CARE

You will be explained when and how to wash your hair during your check-up appointment:

1. APPLY LOTION! After you apply the lotion, please wait 30-45 minutes for your scalp skin to get softer and scabs to be removable with washing.

You may use a cup to rinse the lotion with water. You are allowed to wash your body right after the operation.

Do not go under the pressurized shower in the first 15 days.

2. APPLY SHAMPOO When applying the shampoo, make sure the water is warm, avoid cold or hot water. While washing, you may touch the grafts gently by only using your fingertips.

Avoid catching the grafts with your fingernails. You should be careful for two weeks while touching the grafts.

3. MASSAGE The crusts usually begin to separate from skin after 7 days, fall off after 15 days after the treatment.

You may apply very gentle massage on the 7th wash to make sure the crusts are falling off.

On the third week you may return to your regular shampoo and frequency of washing.

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## Be Patient for the Great Result!

### How to Take CARE

#### When Can I Get Back to Work?

Most people return to work right after the procedure.

Return to work varies with your type of work, your overall health and personal preferences.

Discuss returning to work with your patient relations specialist.

#### Be Patient!

You should expect to play a large role in your recovery.

Most patients start seeing the results between 6-9 months after surgery but the final result will be seen once you have completed your first year.

It's important to know that between 2 and 8 weeks after the surgery, the transplanted hair will fall out. This is normal.

By the 3rd month, the hair may look thinner than before you had the transplant. Again, this is normal.

It's a slow process, so focus on getting better each day as you move toward your intended goal of full recovery.

Be patient and don't worry, this is all part of the recovery process.

Please do not ever hesitate to contact your dedicated patient relations specialist.

Take Care!

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