

Precautions Afte Hair Transplant

1. When you feel swelling, wrap an ice pack in a towel and apply it gently to the forehead and eye area without touching the transplanted site.
2. From the day of surgery, spray saline frequently onto the transplanted area for 2 weeks. Keeping the area moist helps with graft survival.
3. Shampooing is possible after 3 days (at least 24 hours after surgery). For 2 weeks, avoid rubbing or scratching the transplanted site and wash gently with foam shampoo.
4. When using a hair dryer, dry completely with cool air from a distance.
5. For about 14 days after surgery, avoid lifting heavy objects or strenuous exercise. Intense workouts are best resumed after 4 weeks.
6. The scabs on the transplanted area will fall off naturally 10–14 days after surgery, so do not remove them beforehand.
7. Do not touch the transplanted site during the 15-day engraftment period.
8. Haircuts are possible after 2 weeks, but if thick scabs remain, be cautious for up to 4 weeks. Perming, dyeing, or clippers are allowed only after 4 weeks.
9. The transplanted hair may begin shedding 2–3 weeks after surgery and can continue for up to 3 months. New hair will begin to grow between 3–6 months.
10. Small acne-like bumps may appear at the surgical site for up to 3 months. Contact the clinic immediately if this occurs, as untreated inflammation may prevent hair growth.
11. For strip (incision) surgery, apply the prescribed disinfectant (Povidone) twice daily to the stitches on the donor area after shampooing and drying. Non-incisional procedures do not require this.

⚠ If you experience any unusual discomfort or have further questions, please contact the clinic.



www.okayps.co



+82 10 3395 6887



contact@okayps.co



4F, 5F, 715 Samseong-ro, Gangnam-gu, Seoul



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Hair Transplant Graft Count Confirmation			Date:
Surgeon		Separation Director	
Patient Information			
Hair Transplant			
Surgeon Note			
Graft Count Separator 1: _____ grafts (Signature) Separator 2: _____ grafts (Signature) Separator 3: _____ grafts (Signature) Separator 4: _____ grafts (Signature) Total: _____ grafts Surgeon: _____ (Signature)			
Director's Signature			

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Hair Transplant Recovery Timeline

	Temporary Condition of Transplanted Area	Aftercare Guidelines
Day of Surgery	Scabs may form excessively.	Follow hospital aftercare instructions. Spray saline every hour to keep the scalp moist and prevent thick scab formation.
2-3 Days	Mild redness may appear. Forehead swelling may occur (varies by individual).	Spray saline every hour. Gently wash with prescribed shampoo once daily. (After ~10 days, disinfect donor area with povidone & betadine if necessary.)
4-6 Days	Swelling is minimal, but in some cases it may extend to the nose, eyes, or cheeks. The scalp may temporarily feel numb, but sensation usually returns after several months (the recovery period can vary depending on the individual). Scabs that	Depending on scab formation, wash with shampoo once or more daily. If scabs remain, do not forcibly remove them as transplanted grafts may fall out together.
1 Week	Most swelling and redness disappear.	Light infection may occur. If suspected, visit the hospital for diagnosis and treatment.
2 Weeks	The transplanted follicles complete engraftment and will not fall out unless forcibly removed. Most of the scabs will have disappeared.	
3 Weeks	Transplanted hairs enter resting phase and begin to shed .	Dyeing is possible if necessary. However, avoid chemical exposure to the transplanted area for about 3 months.
1 Month	For patients with progressive hair loss, surrounding native hairs may continue thinning. To prevent this, follow prescribed medication and maintenance treatments.	
3-5 Months	New hair begins to grow from the transplanted follicles. At first, very fine, thin hairs start to emerge. The scalp sensation that had been numb gradually begins to return.	Follow physician's instructions for medication and supportive therapy.
6-9 Months	The newly grown hair gradually thickens. Sometimes the texture of the new hair may differ from the original, but over time it returns to its natural state. The scalp sensation that had been numb is restored.	
1 Year	Most transplanted hair has grown in.	
1-2 Years	Hair quality fully normalizes, blending naturally with original hair.	

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