

HAIRMEX

Hair Transplant Post-Operative Care

Protect your grafts. Reduce swelling. Support healthy healing.



Important: Your surgeon's written instructions and prescription labels always take priority. Never add, stop, double, or substitute medication without physician approval.

First 72 Hours

- Stay upright and avoid bending at the waist for 3 days. Move your head and torso together.
- Do not touch, rub, scratch, pick, or press the transplanted area.
- Sleep on your back with your head elevated 30–45° for 3–5 nights.
- Facial or eyelid swelling can appear 2–4 days after surgery as fluid moves downward. It is usually temporary.



Urgent warning signs: rapidly worsening one-sided swelling, severe pain, fever, pus, spreading redness, vision changes, persistent bleeding, breathing difficulty, chest pain, or an allergic reaction.

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Washing: Start 24–48 Hours After Surgery

Recipient area

- Use lukewarm water.
- Do not use direct shower pressure.
- Pour water gently from a clean cup.
- Foam baby shampoo in your hands.
- Lightly tap foam onto grafts—never rub.
- Leave about 10 seconds, then cup-rinse.
- Air-dry; do not towel-rub.



Donor area

- Gentle shower water may contact the back and sides unless told otherwise.
- Clean gently; do not scrub or pick.
- Use baby shampoo or a clinic-approved mild shampoo for about 3 weeks.



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Restrictions

Activity	Guidance
Bending / head-down posture	Avoid for 3 days.
Sweating / strenuous exercise	Avoid at least 7 days; resume gradually after clearance.
Heavy lifting	Avoid about 2 weeks.
Swimming, hot tubs, sauna, steam room	Avoid at least 3 weeks and until fully healed.
Direct sunlight	Avoid during the first week; continue protection afterward.
Tight hats / helmets	Do not wear until approved.

Food and Comfort

- Hydrate well unless medically restricted.
- Choose light balanced meals for 1–2 days; avoid greasy, very fatty, or spicy foods if they upset your stomach.
- Do not take aspirin, ibuprofen, supplements, or herbal products unless approved.

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Medication Schedule

Medication	Typical HairMex plan	Important
Pain reliever	As prescribed, commonly every 6 hours for 5 days	Follow the label. Do not combine medicines with the same active ingredient.
Anti-swelling medication	As prescribed, commonly every 6 hours for 5 days	Take exactly as directed, including food and stop instructions.
Antibiotic	Complete the prescribed 5-day course	Do not skip doses or stop early unless the physician instructs you.

Hourly Scalp Misting



Every hour while awake: apply the clinic-supplied Avène Thermal Spring Water or approved sterile mist. Create a gentle mist, keep the scalp lightly moist, and never touch the grafts with the nozzle.

Avène Thermal Spring Water Spray contains thermal spring water and nitrogen propellant. It is fragrance-free and alcohol-free.



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Recovery Timeline

Day 0–1	Rest, hydrate, protect grafts, take medication on time, remain upright, and mist as directed.
Days 2–3	Begin gentle washing. Continue elevated sleep and upright posture. Swelling may move toward the eyes.
Days 4–7	Avoid sweating, gym activity, heavy work, direct sun, tight hats, and touching the grafts.
Days 8–10	Crusts begin loosening naturally. Do not forcibly remove them.
Days 10–12	After clinic approval, begin very light fingertip massage during washing. Clinic-approved coconut oil/emollient may soften remaining scabs. Stop if there is pain or bleeding.
Day 14+	Most crusts should be gone. Send photos if thick crusts remain. Resume lifting only after clearance.
Week 3+	Swimming may resume only when wounds are closed and HairMex approves.



Take all medications exactly as prescribed and complete the full course. Do not add, stop, double, or substitute any medication without physician approval.

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Medical disclaimer: This guide is educational and does not replace individualized medical advice, diagnosis, examination, or treatment. Medication and recovery restrictions must be individualized by the licensed treating physician. In an emergency, call local emergency services.

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