

Nu/Hart's Post-Operative Instructions

- You can shower the day after your session using special caution rinsing your head with a cup of warm water and gentle shampoo. Although you must be very gentle for the first week after your hair transplant, normal shampooing, brushing and hair care can be resumed after 10 days since, by this time, the grafts are firmly in place. You can also have a haircut at this point. You are able to dye your hair, if you choose, four weeks after the hair transplant.
- When in strong sunlight, you should wear a hat.
- After two weeks you may use a sunscreen with a SPF of 30+.
- Generally patients can resume normal daily routine almost immediately.
- Limited exercise can be started in the first week.
- You should avoid strenuous exercise for 10 days to two weeks.
- When the post-operative instructions are followed carefully, generally the hair transplant is minimally detectable after a few days and almost undetectable after the first week to 10 days.
- You might be given medication to avoid swelling, but some still experience swelling in the forehead that settles across the bridge of the nose and around the eyes. If this occurs, it almost always is gone by the end of the first week.
- The newly transplanted hair begins to grow at around 10 weeks.
- It is long enough to be groomed in about six months and, in most cases, will be fully grown in at one year.
- In some cases following your hair transplant, there may be some shedding of your original hair so that the transplanted area may temporarily appear slightly thinner.