AFTERCARE

The First Ten Days After a Hair Transplant

The care routine, printed so it can sit on the hotel desk rather than in a chat thread



Newly placed grafts are held by very little. Everything in this first window is about not disturbing them – no pressure, no friction, no heavy sweating.

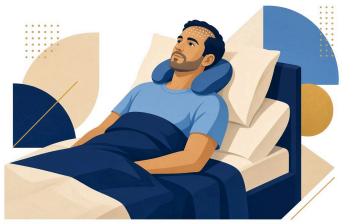
WHY THESE THREE DAYS ARE DIFFERENT

- ✓ **The grafts are settling in.** They are not yet anchored and are easily dislodged.
- ✓ **Friction is the main risk.** Pillows, collars, hats and hands, in that order.
- ✓ **Swelling is normal.** It usually appears around day two or three and passes. Drinking plenty of water helps it drain sooner.

WATCH FOR THESE SPECIFICALLY

- ✗ Do not bend your head forward for long periods.
- ✗ Do not touch, rub or scratch the recipient area.
- ✗ No heavy activity, and nothing that makes you sweat.
- ✓ Keep to the pillow position you were shown.

SLEEPING POSITION



On your back, head raised to around 45 degrees, with nothing in contact with the recipient area.

THE FIRST SEVENTY-TWO HOURS AT A GLANCE

No touching
Hands off the area.

No knocks
Mind doorways and car roofs.

No exercise
Nothing strenuous.

No alcohol
It worsens swelling.

Cut smoking
It slows healing.

No direct sun
Keep the scalp shaded.

Drink water
Plenty of it; swelling clears faster.

Something not covered here? Message the team — day or night.

This guide is for informational purposes.
Treatment suitability is determined after medical evaluation.

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Swelling, water and the warning signs

Swelling is the one thing in the first three days that frightens people, and it is also the most predictable. Here is how it behaves, how to help it along, and what is not normal.

THE THREE DAYS, IN OUTLINE

	WHAT TO EXPECT	WHAT TO DO
Day 1	Tenderness, a tight donor area, little swelling yet	Rest, head raised, medication as prescribed, plenty of water
Day 2	Swelling usually appears, often around the forehead	Stay upright during the day, keep drinking water, cold compress on the brow only
Day 3	Swelling peaks, then starts to drain downwards	Keep going as on day two; it resolves on its own

Swelling that drifts towards the eyes looks alarming and is a normal part of it draining away.

Drink plenty of water — it is the simplest thing that helps

- ✓ Well-hydrated tissue clears fluid faster, so the swelling peaks lower and leaves sooner.
- ✓ Aim for small amounts often through the day rather than a lot at once.
- ✓ Water, not alcohol: alcohol does the opposite and is avoided for the first week.

ABOUT SWELLING, SPECIFICALLY

My forehead is puffy on day two.

Expected. It is fluid from the scalp working its way down. Stay upright by day, head raised at night.

It has moved to around my eyes.

That is the same fluid draining. It looks worse than it is and usually clears within two days.

Can I put ice on it?

A cold compress on the brow only, never on the grafts. Keep drinking water alongside it.

Message the team straight away if you notice

- ✓ Pain that is severe, or that gets worse rather than better
- ✓ Swelling that spreads, or that affects one side only
- ✓ Discharge, a bad smell, or a fever

Keep the team's number to hand throughout the first ten days.

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Washing, crusting and daily care

From the day your team tells you to start, washing is not optional: it is how the crusts come away without being picked at.

THE WASH, STEP BY STEP

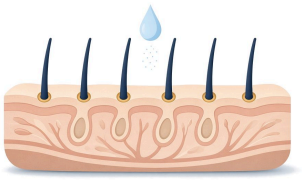
1 Apply
Lotion or foam over the recipient and donor areas, with no rubbing.

2 Wait
Leave it on for the time your team specified.

3 Rinse
Low pressure, lukewarm water poured rather than sprayed.

4 Pat dry
Take the moisture off gently with a soft paper towel, pressing lightly. Nothing coarse, no rubbing, no hairdryer heat.

CRUSTING



Small crusts form around each graft and clear with gentle washing over several days.

DAILY LIFE IN WEEK ONE

- ✓ **Hats.** Only loose ones, and only once your team says so.
- ✓ **Going out.** Avoid crowds, low doorways and car roofs.
- ✓ **Itching.** Common. Wash as instructed; do not scratch.
- ✓ **Tightness.** Normal in the donor area for several days.

THE FIVE MISTAKES WE SEE MOST IN WEEK ONE

Picking crusts
It can pull a graft out with them.

Skipping washes
Crusts then harden and take longer to clear.

High pressure
A shower head aimed at the grafts.

A day outdoors
Sun on a healing scalp, with no cover.

Early training
Sweat and blood pressure both work against you.

ASKED ALMOST EVERY WEEK

A few hairs came out in the wash.
Expected. Hairs shed while the follicle stays in place. Keep washing as instructed.

Can I use my usual shampoo?
Not yet. Use only what the team gave you until they tell you to switch back.

When can I have a haircut?
Scissors on the recipient area only after your team confirms it; clippers later still.

Unsure about a step in the wash? Send a short video and we will check it.

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Ten days, day by day

A short table to work through. Tick the checklist at the end of each day; it takes less than a minute.

Days 1–3

DO

- Sleep on your back, head raised
- Take medication as prescribed
- Drink plenty of water to help the swelling clear
- Rest and keep cool

AVOID

- Touching the area
- Sweating and exercise
- Alcohol; cut down smoking

NORMAL

- Mild swelling
- Redness
- A tight feeling at the donor area

Days 4–7

DO

- Wash as instructed, daily
- Keep the scalp out of the sun
- Return to light activity

AVOID

- Picking at crusts
- Tight hats or helmets
- Swimming and saunas

NORMAL

- Crusting
- Itching
- Swelling settling down

Days 8–10

DO

- Continue washing until crusts clear
- Send a photograph to the team
- Resume desk work

AVOID

- Scrubbing
- Heavy lifting and gym
- Hair products unless cleared

NORMAL

- Most crusts gone
- Some shedding beginning
- Pink skin that fades

END-OF-DAY CHECKLIST

- ☐ Medication taken as prescribed
- ☐ Slept on your back, head raised
- ☐ Wash completed as instructed
- ☐ No scratching or picking
- ☐ Area protected from knocks and pressure
- ☐ Anything unusual reported to the team

YOUR NEXT STEP

Talk to us before you decide anything

Free Consultation
A conversation with a coordinator, with no commitment.

Send Your Photos
Our medical team reviews them and replies with an assessment.

WhatsApp Us
Questions answered in your own language, usually the same day.

✓ Free consultation · Free medical evaluation

WHATSAPP US

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WHY ESTECENTER?

- ✓ Experienced medical teams
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Treatment suitability is determined after medical evaluation.