HAIR RESTORATION

Twelve Months After a Hair Transplant: What to Expect

Month by month, including the quiet stretch in the middle that worries almost everybody



The earliest period is the one with the clearest rules and the least to look at. Grafts are settling, the scalp is healing, and almost everything visible is temporary.

DAY ZERO TO DAY THIRTY

DAY 1
Settling
The grafts are newly placed and at their most vulnerable.

DAY 3
Swelling
Mild forehead swelling is common and passes.

DAY 7
Crusting
Small crusts form around each graft.

DAY 10
Clearing
Crusts come away with gentle washing.

WEEK 3
Shedding
Transplanted hairs often begin to fall.

MONTH 1
Quiet
The scalp looks much as it did before.

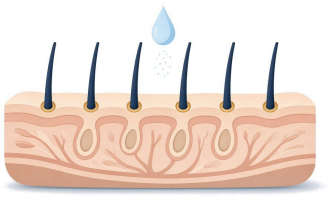
THE FIRST SEVENTY-TWO HOURS

- The most sensitive window; grafts are not yet secure.
- Sleep on your back with your head slightly raised.
- No rubbing, no pressure, no scratching.
- Nothing that makes you sweat heavily.

THE FIRST TEN DAYS

- A washing routine begins as instructed by the team.
- Crusting and mild redness are part of healing.
- Direct sun is avoided; headwear as advised.
- Most people are back to desk work within a week.

WHAT THE SCALP LOOKS LIKE IN WEEK ONE



Small crusts around each placed graft, clearing with gentle washing.

TEMPORARY, AND NOT A SIGN OF A PROBLEM

- ✓ **Redness.** Strongest in week one, fading over two to six weeks.
- ✓ **Numbness or tightness.** Common in the donor area; usually gone within a few months.
- ✓ **Small spots.** Pimple-like bumps as hairs push through. Do not squeeze them.

Not sure whether what you are seeing is normal? Send us a photograph.

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Shock loss, and what month one asks of you

Somewhere between week two and week six, most of the transplanted hair falls out. It is the single most alarming moment of the year, and it is almost always expected.

Shock loss is usually part of the process

Transplanted hairs commonly fall out between weeks two and six. The follicle stays in place and enters a resting phase before producing new hair. Losing the hair is not the same as losing the graft – but if you are unsure, send a photograph rather than worrying.

WHAT MONTH ONE ASKS OF YOU

Wash daily

Exactly as instructed, without skipping days.

Stay shaded

A healing scalp burns quickly and marks easily.

Ease back in

Light movement first, training later.

Photograph it

Month one is the baseline you will measure from.

MESSAGES WE RECEIVE IN THE FIRST MONTH

Nearly all the new hair has fallen out.

That is shock loss. The follicles are still in place; the hair returns from month three or four.

The donor area looks thinner than before.

Some native hair around the extraction points sheds too, and regrows. Photograph it monthly rather than daily.

When can I wear a hat again?

A loose one once your team confirms it, usually after the first ten days. Nothing tight for several weeks.

Take the baseline photographs now

Same three angles, same light, same distance. Everything you judge from month three onwards will be judged against these, so make them boring and repeatable.

Send a day-thirty photograph and we will confirm you are on track.

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

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A slow but steady growth period

Months two to six are where patience is actually required. Very little changes for a while, and then it changes gradually enough that you may not notice it yourself.

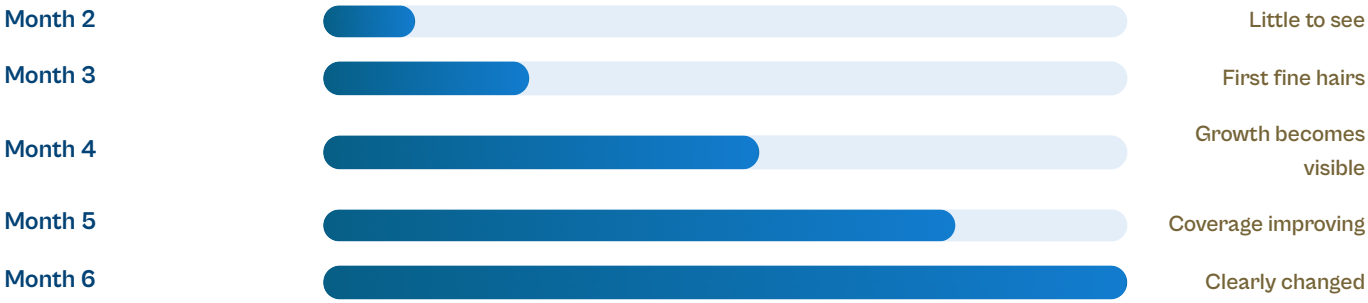
MONTHS TWO AND THREE

- **Often no visible change.** The follicles are resting, not failing.
- **The scalp may look as it did before.** Sometimes slightly thinner, because of shedding.
- **This is the hardest stretch.** It is also the most predictable one.

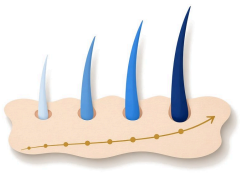
MONTHS FOUR TO SIX

- **New hairs begin to appear.** Fine, soft and often lighter in colour at first.
- **Density builds slowly.** A little more every few weeks, unevenly across the scalp.
- **Texture improves later.** Thickness comes after length.

HOW MUCH IS VISIBLE, MONTH BY MONTH



WHY NEW HAIR FEELS DIFFERENT AT FIRST



A new hair emerges fine and gains calibre over the following months.

HABITS THAT HELP THROUGH THE QUIET MONTHS

- Photograph the same angles in the same light once a month.
- Compare against last month, never against yesterday.
- Keep to any supportive treatment the team prescribed.
- Ask early. A short answer is better than three weeks of searching.

Why month three feels worse than month one

At month one you are still expecting nothing. At month three you have been waiting a while and the mirror looks unchanged – so the same scalp reads as a disappointment. Almost every message about a transplant "not working" arrives in this window, and almost all of them are followed by normal growth.

Share a progress photograph and we will tell you where you are on the curve.

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Months six to twelve, and the final look

From month six onwards the change is obvious in photographs even when it is not obvious in the mirror. The last stretch is about thickness rather than coverage.

THE SECOND HALF OF THE YEAR

MONTH 6

Clearly changed

Coverage is established; hair is still fine.

MONTH 9

Taking shape

Thickness improves and styling becomes easy.

MONTH 12

Close to final

The result settles; the crown may still be improving.

WHAT SHAPES THE FINAL RESULT

Donor quality

Calibre and density of what was moved.

Graft number

And how it was shared between zones.

Planning

Angles, hairline design, distribution.

Aftercare

How closely the routine was followed.

Your biology

Healing and growth rates differ.

LOOKING FURTHER AHEAD

Will I need a second session?

Some plans are designed as two from the start, usually where the crown is involved. It is a plan, not a setback.

Can I lose my own hair later?

Transplanted hair is durable, but untreated native hair can keep thinning. Supportive treatment is often advised.

When can I treat it normally?

Cutting, colouring and styling return to normal once your team confirms it, usually within a few months.

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

READ ONLINE

WHY ESTECENTER?

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