

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16-30	3 months	6 months	1 year
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DAILY ACTIVITIES

Keeping the head still	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT													
No office work	VERY IMPORTANT																	
No heavy physical efforts	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT													
Being careful whilst sneezing, blowing one's nose	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT											
No driving (due to postoperative swelling)	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT														
No swimming (chlorinated pool) + swimmers cap	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT			
Avoid seawater (salted water)	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT											
No sexual activities	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE											
No sports FUE	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT											
No sports FUT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT				
No head covering	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT											
Bandana allowed (bandana provided by the clinic)		VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT											
Swelling		VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT											
No direct sun exposure during first 14 days, afterwards protect area with sunblock SPF 50+	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT
No sauna	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT	QUITE IMPORTANT				
No solarium	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT		
No hairdresser / No hairpiece	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE				
Avoid dusty areas	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT					

VERY IMPORTANT

QUITE IMPORTANT

ADVISABLE



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16-30	3 months	6 months	1 year
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POSTOPERATIVE HAIR WASHING

Use of Mousse Shampoo	VERY IMPORTANT	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE				
Use of Hair Spray Treatment	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT													
No use of blow dryer	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE											
Use of blow dryer with cold air/lowest position							ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE				
Use of blow dryer with warm air/highest position															ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE
Formation of crusts	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE											

STIMULATION OF HEALING PROCESS

Use of Post-Surgery Serum				VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT					
Use of Post-Surgery Oil				VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT	VERY IMPORTANT					
Use of Ibuprofen 600mg (when necessary)	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE												
Use of Tramadol 50mg (when necessary)	ADVISABLE	ADVISABLE																
Use of Diclofenac 50mg (only when necessary)	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE											
Use of vitamins (in case of hyperaesthesia)	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE
Use of Minoxidil 5%															ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE
Use of Finasteride	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE
Use of hair fibres (Fullmore, Toppik, etc.)															ADVISABLE	ADVISABLE	ADVISABLE	ADVISABLE
Use of Azithromycine 250mg/500mg	ADVISABLE	ADVISABLE	ADVISABLE															

VERY IMPORTANT

QUITE IMPORTANT

ADVISABLE



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16-30	3 months	6 months	1 year
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REMOVAL OF SUTURE AND STAPLES

Removal of suture and staples

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HAIR EVOLUTION

Falling out of FU

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Growth of transplanted hair

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New hair growth visible depending on slow/quick grower

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Duration postoperative shock loss

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End result noticeable from

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SLEEPING POSITION

Use of protective sheet

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Sleeping with neck pillow

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Adapted sleeping position

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No sleeping pills

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VERY IMPORTANT

QUITE IMPORTANT

ADVISABLE

