

BEFORE



RESULTS



STOPS 08 TO 11

My first 30 days

A day-by-day journal for your healing. Tick each day, send your photos and keep your notes in one place.

NAME

SURGERY DATE

YOUR KIT

What's in my kit, *and why*

Your exact doses and timings are on the personal plan our team gives you. Never start, stop or change a medicine on your own.

ITEM	WHY IT IS GIVEN	GOT IT
Antibiotic	Helps prevent infection while the skin heals	☐
Anti-swelling medicine	Reduces swelling at the forehead and eyes	☐
Pain reliever	Only if you feel pain	☐
Antibacterial spray	Keeps the grafts moist and clean	☐
Moisturising lotion	Eases tightness and dryness in the donor area	☐
Antibacterial cream	Only if pimples appear	☐
Ice gel pack	Cools the temples to limit swelling	☐
Vitamin supplement	Supports regrowth; starts after the first week	☐
Shampoo & hair serum	For your routine after the final wash	☐

DAY 1

O1 Dressing day

— / — / —

- ☐ Dressing & check-up at the clinic
- ☐ Do not remove the donor bandage yourself
- ☐ Start your spray routine after the dressing
- ☐ Band & neck pillow, ice gel on temples

Notes

Spray rounds

☐ ☐ ☐ ☐ ☐ ☐

Water (½ litre each)

☐ ½ ☐ ½ ☐ ½ ☐ ½ ☐ ½ ☐ ½

Photos sent to WhatsApp ◯

DAY 2

O2 Steady

— / — / —

- ☐ Spray routine as shown by the team
- ☐ Medicines as prescribed
- ☐ Band & ice gel
- ☐ Lotion on the donor area if it feels dry

Notes

Spray rounds

☐ ☐ ☐ ☐ ☐ ☐

Water (½ litre each)

☐ ½ ☐ ½ ☐ ½ ☐ ½ ☐ ½ ☐ ½

Photos sent to WhatsApp ◯

DAY 3

03 Turning point

— / — / —

- ☐ You can now sleep on your back and sides
- ☐ Spray routine
- ☐ Band & ice gel
- ☐ Last day of anti-swelling medicine (as prescribed)

Notes

Spray rounds

☐ ☐ ☐ ☐ ☐ ☐

Water (½ litre each)

☐ ½ ☐ ½ ☐ ½ ☐ ½ ☐ ½ ☐ ½

Photos sent to WhatsApp ○

DAY 4

04 Lighter

— / — / —

- ☐ Stop band & ice gel if swelling is down
- ☐ A wide, loose cap is fine from today
- ☐ Spray routine
- ☐ Medicines as prescribed

Notes

Spray rounds

☐ ☐ ☐ ☐ ☐ ☐

Water (½ litre each)

☐ ½ ☐ ½ ☐ ½ ☐ ½ ☐ ½ ☐ ½

Photos sent to WhatsApp ○

DAY 5

05 Halfway

— / — / —

- ☐ Antibiotic course ends today (as prescribed)
- ☐ Spray routine
- ☐ Last day of the 3-litre water rule

Notes

Spray rounds

☐ ☐ ☐ ☐ ☐ ☐

Water (½ litre each)

☐ ½ ☐ ½ ☐ ½ ☐ ½ ☐ ½ ☐ ½

Photos sent to WhatsApp ◦

DAY 6

06 New routine

— / — / —

- ☐ Start your vitamin supplement (as recommended)
- ☐ Spray routine

Notes

Spray rounds

☐ ☐ ☐ ☐ ☐ ☐

Photos sent

☒

DAY 7

07 One week

__ / __ / __

- ☐ Supplement & spray routine
- ☐ Crusting and mild itching are normal. Do not scratch

Notes

Spray rounds

☐ ☐ ☐ ☐ ☐ ☐

Photos sent

☒

DAY 8

08 Patience

__ / __ / __

- ☐ Supplement & spray routine
- ☐ Keep your scalp out of strong sun

Notes

Spray rounds

☐ ☐ ☐ ☐ ☐ ☐

Photos sent

☒

DAY 9

09 Final wash

__ / __ / __

- ☐ Final wash & scab removal: at the clinic if in Turkey, or with our washing video
- ☐ Supplement

Notes

Spray rounds

☐ ☐ ☐ ☐ ☐ ☐

Photos sent

☒

DAY 10

10 Fresh start

__ / __ / __

- ☐ Final wash if not done yesterday
- ☐ Gentle fingertip scalp massage after the wash
- ☐ Hair serum as your doctor recommends

Notes

Spray rounds

☐ ☐ ☐ ☐ ☐ ☐

Photos sent

☒

DAYS 11 TO 30 · STOP 11

Back to *life*

Transplanted hairs may shed from day 15, and shedding can continue until day 90. This is expected. New hair grows from month 3.

WHEN CAN I...?

DAY 10

Light exercise, sea, rain, helmet & fitted hats, normal sun

DAY 20

All sports

WEEK 3

Strong sunlight

MONTH 1

Sauna, Turkish bath, ozone pool, haircut with scissors or clipper, PRP

MONTH 3

Herbal hair dye, styling products

MONTH 6

Chlorinated pools

WEEKLY CHECK-IN

Week 2

How does it look & feel?

Week 3

How does it look & feel?

Week 4

How does it look & feel?

SAFETY

When to *message us*

You are never bothering us. If something feels wrong, message us the same day.

- ☐ Fever or feeling unwell
- ☐ Redness, heat or pus that keeps getting worse
- ☐ Bleeding that does not stop with gentle pressure
- ☐ Pain your pain reliever does not ease
- ☐ Swelling that keeps increasing after day 4

QUICK ANSWERS

- ☐ Shower: your body, from the first evening
- ☐ Hats: wide cap from day 4, tight cap after the final wash, helmet from day 10
- ☐ Alcohol: after day 5 · Tobacco: after day 10
- ☐ Washing: normal routine after your final wash

MY NOTES



A NOTE FROM YOUR DOCTOR

Dear Guest,

The service we provide is not limited to a single operation; it is a journey to open a brand-new chapter in your life. We are a team passionate about our work, paying attention to every detail with utmost care.

Our goal is not only a physical transformation, but to help you feel stronger, happier and more confident when you look in the mirror. Remember, you are not alone. We will stay in touch and be by your side every step of the way.

Thank you for trusting us with this new beginning.

With my warmest regards,

Servet Terziler

P.S. Your daily photos help us see how you are healing. Send them each day for the first 10 days, then at month 1, 4, 7 and 12.

FOUNDER

Dr. Servet Terziler

DR. TERZILER EXCLUSIVE
CLINIC



We are one message away

Scan to reach the clinic on WhatsApp
+90 212 963 77 58