DR.TERZILER
EXCLUSIVE CLINIC

PATIENT GUIDE · AT EVERY STOP

BEFORE RESULTS



FROM YOUR FIRST NIGHT TO MONTH 6

My care *guide*

Washing, sleeping, sun and hats. Simple daily care, from your first night to month 6.

NAME _____ SURGERY DATE _____

AT A GLANCE

My care *timeline*

Clinic protocol. Your doctor may adjust it for you.

Night 0–3	Sleep semi-upright at 45°
Days 1–3	Forehead band and ice gel on the temples
Day 4	Wide, loose cap · band off if swelling is down
Day 9–10	Final wash and scab removal
Day 10	Helmet & fitted hats, rain, sea, light exercise, normal sun
Day 20	All sports
Week 3	Strong sunlight
Month 1	Sauna, ozone pool, haircut with scissors or clipper
Month 3	Herbal dye, styling products
Month 6	Chlorinated pools

WASHING

How to wash my *hair*

BEFORE THE FINAL WASH

- ◯ Your first wash is done with our team, on the day your doctor sets
- ◯ Keep your spray routine
- ◯ Body showers are fine from the first evening. Keep water off the grafts

FINAL WASH · DAY 9–10

- ◯ In Turkey: at the clinic
- ◯ At home: follow the washing video we send
- ◯ Scabs come off gently during this wash

AFTER THE FINAL WASH

01
Lukewarm water, gentle pressure

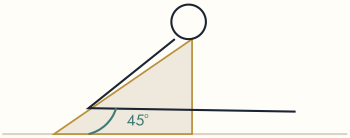
02
Lather shampoo in your palms first

03
Pat it on, rinse gently, pat dry

Use the recommended shampoo 2 to 3 times a week; on other days, rinse without shampoo. Gentle fingertip massage is fine after the final wash.

SLEEPING

Sleeping *well*



First 3 nights: semi-upright at 45°, two pillows behind your back and the neck pillow.

GOOD TO KNOW

- ◯ From day 3 you can lie on your back and turn to your sides
- ◯ The neck pillow can feel warm. Lay a soft towel over it
- ◯ Lower the forehead band to your neck while you sleep

NIGHT LOG

Night 1
Slept at 45° ○

Night 2
Slept at 45° ○

Night 3
Slept at 45° ○

HEALING

Scabs & *swelling*

NORMAL

- ◯ Swelling that moves to the forehead or around the eyes in the first days
- ◯ Small crusts around each graft
- ◯ Mild itching
- ◯ A little pinkish discharge on the first night

YOUR PART

- ◯ Do not scratch, pick or rub
- ◯ Keep the spray routine
- ◯ Cool the temples, never the grafts
- ◯ Avoid salty, spicy and fried food for 5 days

MESSAGE US

- ◯ Swelling still increasing after day 4
- ◯ Redness, heat or pus that gets worse
- ◯ Bleeding that does not stop with gentle pressure

OUTDOORS

Sun & *hats*

MY HAT LADDER

DAY 4
Wide, loose cap

AFTER FINAL WASH
Tight-fitting cap

DAY 10
Helmet & fitted hats

SUN

DAY 10
Normal daylight is fine

WEEK 3
Strong sunlight, beach and holidays

Until then, keep your scalp shaded with a loose cap, never a tight one.

CAN I...? · 101 TOPICS

Back to my *routine*

Your full list, by topic. "Ask us" means rules differ from patient to patient: message us on WhatsApp first.

TOPIC	FROM	DONE
ACTIVITY		
Bending forward	Ask us	○
Heavy lifting	Ask us	○
Driving	Ask us	○
Going back to office work	Ask us	○
Physical or manual work	Ask us	○
Sex	DAY 5	○
Sleeping on your back or side	DAY 3	○
Sleeping on your stomach	Ask us	○
Prayer with forehead touching the floor	Ask us	○
Wearing glasses or sunglasses	Ask us	○
Over-ear headphones	Ask us	○
Earbuds	Ask us	○
Sleeping with pets	Ask us	○
Pets touching your scalp	Ask us	○

CAN I...? · CONTINUED

TOPIC	FROM	DONE
SPORTS		
Walking and light cardio	DAY 10	○
Running	DAY 10	○
Gym and weight training	DAY 20	○
Football, basketball, contact sports	DAY 20	○
Swimming in the sea	DAY 10	○
Swimming in a chlorinated pool	MONTH 6	○
Swimming in an ozone-disinfected pool	MONTH 1	○
Diving	Ask us	○
Surfing	Ask us	○
Skiing, snow and cold weather	Ask us	○
SUN & WATER		
Normal sunlight	DAY 10	○
Strong sun and beach holidays	WEEK 3	○
Travel to very sunny countries	WEEK 3	○
Rain on your scalp	DAY 10	○
Body shower	DAY 0	○
Sauna, Turkish bath, steam room	MONTH 1	○
Hot weather and sweating	Ask us	○
Going to the beach	WEEK 3	○

CAN I...? · CONTINUED

TOPIC	FROM	DONE
TRAVEL		
Flying home	DAY 3	○
Long-haul flight	DAY 3	○
Work travel	Ask us	○
Sleeping in a hotel vs at home	DAY 0	○
Baseball cap or loose cap	DAY 4	○
Beanie or tight hat	DAY 10	○
Helmet or motorcycle helmet	DAY 10	○
Hard hat or work helmet	DAY 10	○
Pulling tops over your head	Ask us	○
GROOMING		
Washing frequency	DAY 10	○
Water temperature	DAY 0	○
Shower pressure on your scalp	Ask us	○
Touching or scratching your scalp	DAY 10	○
Scalp massage	DAY 10	○
Removing scabs	DAY 9	○
Haircut with scissors	MONTH 1	○
Clippers or machine haircut	MONTH 1	○
Barber visit	MONTH 1	○
Barber fade on the donor area	MONTH 1	○

CAN I...? · CONTINUED

TOPIC	FROM	DONE
Hair washing at a salon	Ask us	○
Pillowcase hygiene	DAY 0	○
Bedsheets and towel hygiene	DAY 0	○
HAIR PRODUCTS		
Herbal dye or henna	MONTH 3	○
Chemical hair dye	Ask us	○
Styling products (wax, gel, spray)	MONTH 3	○
Hair dryer	Ask us	○
Straightener and heat styling	Ask us	○
Using your usual shampoo again	Ask us	○
Anti-dandruff shampoo	Ask us	○
Hair oils	Ask us	○
Rosemary oil	Ask us	○
Scalp serums	DAY 10	○
Dry shampoo	Ask us	○
Concealers and hair fibres	Ask us	○
Hair systems and toppers	Ask us	○
Concealer spray	Ask us	○
TREATMENTS		
PRP	MONTH 1	○
Mesotherapy	MONTH 1	○

CAN I...? · CONTINUED

TOPIC	FROM	DONE
Microneedling (dermaneedle)	MONTH 1	○
Laser cap or LLLT	DAY 10	○
Minoxidil	Ask us	○
Finasteride or other hair-loss medicine	Ask us	○
Supplements	Ask us	○
Facials	Ask us	○
Facial laser or aesthetic treatments	Ask us	○
Botox or fillers	Ask us	○
Dental treatment	Ask us	○
MRI, CT or X-ray	Ask us	○
Blood donation	Ask us	○
Vaccination	Ask us	○
Tattoos or scalp micropigmentation	Ask us	○
Second hair transplant	Ask us	○
SYMPTOMS		
Itching	DAY 0	○
Pimples or folliculitis	DAY 0	○
Numbness	Ask us	○
Redness	DAY 0	○
Swelling	DAY 0	○
Shedding or shock loss	DAY 15	○

CAN I...? · CONTINUED

TOPIC	FROM	DONE
Donor-area tightness	DAY 0	○
Bleeding	Ask us	○
LIFESTYLE		
Alcohol	DAY 5	○
Smoking or vaping	DAY 10	○
Caffeine	Ask us	○
Spicy food	DAY 5	○
Salty food	DAY 5	○
Hydration	DAY 0	○
Protein and nutrition	Ask us	○
Neck pillow	DAY 0	○
Cold pack	DAY 0	○

WEEKS 1 TO 4

My care *log*

One line a day. Small notes now make your check-ups easier later.

D1	D2	D3	D4	D5	D6	D7
D8	D9	D10	D11	D12	D13	D14
D15	D16	D17	D18	D19	D20	D21
D22	D23	D24	D25	D26	D27	D28

THINGS TO ASK AT MY 1-MONTH CHECK-UP



FOUNDER

Dr. Servet Terziler

DR. TERZILER EXCLUSIVE CLINIC

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. Gentle is the word for the first month. Your new hair is settling in, and every small habit helps.

We are one message away

Scan to reach the clinic on WhatsApp

+90 212 963 77 58