

Hair Transplant Aftercare Checklist

First 2 weeks - keep this on your phone. Always follow your surgeon's specific instructions. | Dr. Terziler
Exclusive Clinic, Istanbul (AACI-accredited)

Days 0–3 (most critical)

- Sleep on your back with head elevated 45° (use a neck/travel pillow).
- Do NOT touch, scratch or rub the recipient area.
- Spray saline on the recipient area regularly, as instructed.
- Keep the head upright; avoid bending forward.
- Use a cold compress on the forehead (2–3 cm away from grafts) to reduce swelling.
- No alcohol, no smoking.
- Take prescribed antibiotics / painkillers as directed.

Days 4–14

- Start the gentle wash routine (foam + lukewarm water) from day 2–3 as shown by the clinic.
- Let scabs fall off on their own; do NOT pick them (they clear by day 10–14).
- Change your pillowcase daily; keep bedding clean.
- No sweating, gym, or heavy exercise. Light walking is fine.
- No direct sun on the scalp; wear the clinic's loose medical cap outdoors.
- No sauna, steam, swimming, or hot environments.
- No hats/helmets that touch the grafts until scabs clear.

DO	DON'T
✓ Sleep elevated for 7 days ✓ Spray saline / keep grafts moist ✓ Eat well, stay hydrated ✓ Follow the wash routine daily ✓ Message the clinic with any concern	✗ Touch, scratch or pick ✗ Sweat, gym, or contact sport ✗ Alcohol & smoking (first 1–2 weeks) ✗ Sun, sauna, swimming ✗ Wear tight hats/helmets

Normal vs. call the clinic

Normal & temporary	Contact the clinic
Swelling (day 2–7), scabs, mild itching, shedding of transplanted hair (weeks 2–6), numbness that fades.	Spreading redness with pus, worsening pain after day 4, fever, or heavy bleeding.

Growth timeline (what to expect)

Weeks 2–6	Month 3	Month 6	Month 12–18
Shock loss: transplanted hair sheds (normal)	New growth begins	~50% density, shape visible	Final, full result

Questions during recovery? WhatsApp +90 212 963 77 58 • info@drterziler.com • drterziler.com/hair-transplant-turkey/patient-guide/

This checklist is educational and does not replace the personal aftercare plan given by your surgeon. Individual healing varies. © 2026 Dr. Terziler Exclusive Clinic.