



Post-surgery Recommendations

Treatments, supplements, and medications.

Dear patient,

To improve the success of your transplant, we recommend the following treatments, especially in the first 18 months after the procedure when the hair undergoes an adjustment process.

Maintaining a healthy blood cycle is crucial during this time. You can choose from the following options:

- **Tablet Use: Vitamins, Minoxidil, and Finasteride (Propecia)**
- **Topical solutions: Rogaine 5% , Minoxidil 5% and Finoxidil**
- **Clinic Treatments: PRP (Platelet-Rich Plasma), Mesotherapy, iPRF (Injectable Platelet-Rich Fibrin)**
- **LLLT (Low-Level Laser Therapy)**

Vitamins

- Start taking vitamins after one month of the procedure.
- Use vitamins for one year, along with increased water intake.
- Follow the manufacturer's recommended dosage.

Finasteride and Minoxidil tablets:

- Recommended for maintaining and strengthening existing hair.
- Propecia helps stop genetic hair loss.
- Follow the recommended usage schedule for the first 18 months: First 6 months: Twice a day (morning and evening), next 6 months: Once a day (evening), final 6 months: Twice a week



Post-surgery Recommendations

Treatments, supplements, and medications.

In-clinic treatments

- PRP: Monthly sessions for the first three months, then once every six months.
- Microneedling: Stimulates blood circulation and cell production by making tiny punctures on the scalp.
- Mesotherapy: Injects minerals, amino acids, and vitamins directly into the scalp to stimulate natural regenerative processes.
- iPRF: Uses the patient's own blood plasma, enriched with platelets, fibrin, and stem cells, to enhance hair follicle growth and promote healing.

LLLT (Low-Level Laser Therapy):

- A non-surgical treatment that stimulates cell growth and hair follicles.
- Improves hair volume and appearance.
- Pain-free with no known side effects.
- Follow the manufacturer's instructions for proper use.
- It can be used one month after the transplant.

Topical solutions:

- Start using Rogaine Foam or Minoxidil 5% one month after the procedure to promote hair growth and strength. Apply the foam to the entire scalp (except the donor area) and gently massage it in. Wait 3 hours before washing the foam off.
- Finoxidil is a topical solution containing minoxidil, finasteride, vitamins, and nutrients.
- Slows hair loss, improves hair quality, and strengthens hair follicles.