

## SUPPORTIVE MEDICATIONS & APPLIANCES AFTER THE HAIR TRANSPLANT OPERATION AND PRESCRIPTIONS

### 1. CIPRASID TABLETS (Antibiotic)

Ciprasid tablets are used as a precaution against the risk of infection that may occur during or after the operation. Take **1 (one) tablet** after meals in the **morning and evening** (a total of **2 tablets per day**).

### 2. DEXOFEN TABLETS (Painkiller)

Dexofen tablets are used to relieve pain that may occur after the operation. Take **1 (one) tablet** after meals in the **morning and evening** (a total of **2 tablets per day**).

### 3. LANZEDIN CAPSULES (Stomach Protector)

Lanzedin capsules are used to protect the stomach from the side effects of the medications taken after the operation. Take **1 (one) capsule** before **breakfast** each morning.

### 4. PREDNOL TABLETS (Low-dose Cortisone)

Prednol tablets help reduce swelling that may occur after the operation and assist in flushing out the anaesthetic substances used during surgery. While using Prednol/Precort, **avoid consuming too much salt**.

Dosage Schedule:

- 1st day (the day after the surgery), after breakfast – 2 tablets
- 2nd day, after breakfast – 1 tablet
- 3rd day, after breakfast – 1 tablet
- 4th day, after breakfast – 1 tablet



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## 5. **CORASPIN TABLETS (Blood Thinner)**

Coraspin tablets are used after the operation to improve blood circulation and support tissue healing.

### Dosage Schedule:

- Surgery day, after dinner – 1 tablet
- 1st day (the day after the surgery), after breakfast – 1 tablet
- 2nd day, after breakfast – 1 tablet
- 3rd day, after breakfast – 1 tablet
- 4th day, after breakfast – 1 tablet

## 6. **TRENTAL TABLETS (Blood Flow Enhancer)**

Trental tablets help increase blood circulation to the outermost parts of the body after the surgery, promoting faster healing and better nourishment of the transplanted grafts.

### Dosage Schedule:

- Surgery day, after dinner – 1 tablet
- 1st day (the day after the surgery), after breakfast – 1 tablet
- 2nd day, after breakfast – 1 tablet
- 3rd day, after breakfast – 1 tablet
- 4th day, after breakfast – 1 tablet

### 7. Transplant Lotion (Foam) – For Washing

Transplant lotion is a herbal care product used to moisturize the skin, support tissue regeneration, and provide a soothing effect after the hair transplant operation.

It should be applied starting **on the 3rd day after the operation (i.e. 48 hours post-surgery)**. Gently apply the foam to both the transplanted and donor areas without rubbing. Leave it on for **20 minutes**, then rinse with **lukewarm, non-pressurized water**.

**Usage duration:** 10 consecutive days.

### 8. Hair Care Shampoo – For Washing

Hair Care Shampoo helps regulate oil balance on the scalp and boosts blood circulation down to the stem cells, supporting tissue regeneration. It also reduces the absorption of DHT by the hair follicles, encouraging healthy growth of the transplanted grafts.

Additionally, it helps block genes responsible for hair loss, revitalizes damaged stem cells, and promotes the regeneration of existing hair. Thanks to its unique formula and vitamin complexes, it strengthens both the hair and its roots, aiding in healthy development and thickening during the growth phase. It also facilitates the removal of scabs formed after the surgery.

Begin using the shampoo **on the 3rd day after the operation (i.e. 48 hours post-surgery)**. Apply gently to the transplanted and donor areas using soft, non-abrasive movements, and rinse with **lukewarm, non-pressurized water**.

**Usage duration:** 10 consecutive days.

## 9. Herbal Vitamin Tablets

According to medical guidelines, it is recommended to start taking herbal vitamin tablets **15 to 30 days after the operation.**

Take **1 (one) tablet per day**, either in the morning or evening, on an **empty or full stomach**, with water.

Hair Vitamin, formulated as an **orodispersible tablet** (meaning it dissolves in the mouth), allows for **rapid absorption into the bloodstream**. This enables essential vitamins and minerals to reach the hair follicles faster. Orodispersible tablets are absorbed through the oral cavity, larynx, and stomach, increasing **bioavailability** and ensuring effective treatment—even without the need for water or chewing.

Thanks to its **horsetail extract (Equisetum palustre)** rich in silica, Hair Vitamin not only helps slow hair loss in both men and women but also stimulates the growth of new hair follicles. It suppresses **DHT**, the hormone responsible for hair loss in men.

With its **ginseng** content, it revitalizes weak hair follicles, improving strength and elasticity. **Biotin**, a key vitamin for healthy hair, helps extend the hair's anagen (growth) phase. Additionally, its rich **vitamin and mineral** blend boosts blood circulation in the scalp, nourishing follicles and promoting healthy growth.

Hair Vitamin supports the nourishment of transplanted grafts, enhances the quality of newly growing hair, and improves the condition of existing weak hairs in the treated area, resulting in a fuller and healthier appearance post-transplant.

### Key Ingredients:

- **Vitamins and Minerals:** Vitamin B3, B5, B6, Biotin, Folic Acid, Iodide, Zinc

- **Antioxidant:** Vitamin C
- **Vasodilator (Improves blood flow):** Horsetail Extract (Equisetum palustre)
- **Revitalizing Agent:** Ginseng

## MATTERS TO CONSIDER AFTER HAIR TRANSPLANT

- Use your prescribed medications exactly as directed. Since there may be slight leakage from the donor area (nape) on the first night, place a towel on your pillow while lying on your back. Mild staining in the donor area is normal. If you notice persistent bleeding or leakage, contact your medical consultant.
- During the operation, a special liquid is injected under the scalp to protect the capillaries. This fluid is gradually removed from the body through sweat, urine, and pores in the scalp — usually within 4 days. On the day following your procedure, rest as much as possible and keep your head tilted back at a **45-degree angle**. Avoid leaning forward.

**For the first 4–5 days after surgery, do not add extra salt to your meals, and drink approximately 3 liters of water daily** to help reduce swelling in the scalp.

If these instructions are not followed, the fluid may travel from the forehead to the eyes. Although not harmful, it can be visually uncomfortable.

- If excessive swelling occurs on your forehead, apply **ice therapy** and gently **massage the swollen area** using your fingers, moving the fluid sideways — be careful not to touch the transplanted area.
- Avoid **any bumps or friction** to the transplanted area during the first 10 days (e.g., low ceilings, getting in and out of vehicles, etc.).
- Use the **special visco neck pillow** provided to you for **at least 7 days** after the procedure to support your neck and maintain a proper position. Always sleep on your **back** — do not lie on your side or face down.

- Do not scratch your scalp with your fingernails, even in untreated areas, during the healing process or at any time afterward. For the **first 5 days**, if you feel itching, tap lightly with your fingertips instead.
- Do not cover your head with a **hat or similar item** for the first 10 days (consult your medical advisor if absolutely necessary). Protect your head from **sun, rain, and snow** — use an umbrella when outside.
- Avoid sweating in the transplanted area. For **1 week**, do not lean forward. Be cautious when tying your shoes, praying, or picking up objects from the ground.
- **Avoid sexual activity** for **1–3 days**.
- Do **not consume alcohol or smoke** for **1–10 days** after the operation.
- **Avoid the sea, Turkish baths, saunas, steam rooms, solariums, and fitness activities** for **15 days**.
- Do not use a **shaver** on the transplanted area for **90 days**. If needed, only trim with **scissors**.
- After **1 month**, you may use a shaver, but avoid direct contact with the skin.
- **Hair dyeing** is permitted after **4 months** if the dye is **herbal**, and after **6 months** if it is **chemical**.
- **Numbness and itching** in the treated areas may continue for up to **6 months**. Ask your health consultant for information about **PRP treatments**, which can support recovery and hair growth.
- Since full hair growth results take up to **1 year**, send monthly hair photos to your health consultant for follow-up. You can also consult your advisor regarding **shampoos and medical products** to enhance hair growth, improve hair quality, and nourish the scalp.

## HAIR WASHING INSTRUCTIONS

Please request the hair washing and scab-shedding video from your medical consultant.

- Hair should **not be washed within the first 24 hours** after the operation. Under normal circumstances, the **first wash is done 48 hours** after the procedure. However, if you plan to travel out of town or



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abroad, you may visit our center **at the end of the first 24 hours** to learn how to wash your hair properly and receive detailed instructions.

- Until your first hair wash, you may take a body shower — just make sure **not to get your head wet**.

### Step-by-Step Washing Process (Days 3–10)

1. The dressing on the **donor area (nape)** is carefully removed **without touching or disturbing** the transplanted area.
2. Apply the **foam (lotion)** first to the transplanted area, covering the entire surface evenly. It can also be applied to the donor area.
3. Wait **20 minutes** after application.
4. Rinse the entire scalp with **lukewarm, non-pressurized water**.
5. Clean the **donor area** using a gentle rubbing motion (only if there is no pain or stinging).
6. Apply a sufficient amount of shampoo, lather it in your hands, and gently **dab** it onto the transplanted area **without rubbing**.  
**(Important: Never rub or scrub the transplanted area!)**
7. Rinse thoroughly with **lukewarm, non-pressurized water**.

### Drying Process

- Only the **donor area** may be gently dried using a **paper napkin**.
- **No towels, paper tissues, hairdryers, or any other tools** should be used on the transplanted area.

### Daily Washing Routine

- Wash your hair **once a day for the first 10 days**.

- On the **9th and 10th washes**, you may start **gently massaging** the transplanted area in **circular motions** with your fingertips.
- **Do not scratch with your nails.**
- **Do not attempt to remove any remaining scabs manually.**

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### Scab Removal Process (10th Wash)

The **scab removal** procedure is carried out during the **10th wash**.

1. Instead of the usual foam, apply a generous amount of **moisturizing cream** (any brand is acceptable, water-based preferred) all over the scalp.
2. Let it sit for **approximately 1 hour**. This helps soften the scalp and loosen the scabs.
3. Rinse the scalp with **lukewarm, non-pressurized water**.
4. Pour shampoo into your hand and lather it with water.
5. Apply the shampoo to the scalp and gently **massage using circular motions with your fingertips** for **5–10 minutes** to remove the scabs.
6. Rinse thoroughly. If some scabs still remain, repeat the massage for another **2–3 minutes**.
7. **Do not forcefully remove** thick, firmly attached scabs.
8. If scabs remain, repeat this process **once a day** until they are fully removed — but no longer than **3 days total**. Ideally, scab removal should be completed in **1 day**.
9. After each wash, **send photos** of your scalp to your medical consultant for follow-up and confirmation.

**Note:** It is normal for some hairs to fall out during this process. Do not worry — this is expected and part of the normal healing cycle.



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## Hair Shedding and Regrowth Timeline

- The **donor area** can be washed by rubbing or massaging from the beginning.
- The **transplanted hair** will start to **shed naturally within 8–10 days**, and this process may continue for up to a month.
- Around the **3rd month**, new hair growth begins gradually (this may vary depending on individual hair growth rates).
- By the **6th month**, **60–70% of the transplanted hair** will have grown.
- Hair transplanted to the **crown area** may take longer and typically starts growing after the **8th month**.
- At the end of **1 year**, about **98% of the transplanted hair** will have grown, achieving a **natural and full appearance**.

## Important Notes

- **Do not use any hair products, medications, styling agents, or treatments** that are not **explicitly recommended by your doctor or medical consultant**, even if advised on the internet.
- If you experience any unusual situations not described here, **do not take any action without first consulting your medical advisor**.

As a popular saying goes: “**No bees, no honey.**”

EsteQuality encourages you to be **patient** during this journey. Once your new hair grows, we wish you confidence and happiness with your refreshed appearance.



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