

Daily activities	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16-31	2 nd month	3 rd month	4 th month	5 th month	6 th month	12 th month	18 th month
Intensive sporting activity																							
Moderate sporting activity																							
Nicotine																							
Sun-exposure and tanning beds																							
Hairdresser																							
Touching the grafts																							
Hitting the head																							
Sexual activity																							
Headwear																							
Tight clothing (neck)																							
Working																							
Swimming																							
Sea water																							
NaCl Spray (recipient area)																							
Ice pack (forehead)																							
Washing your hair																							
Antibiotic and corticosteroid cream																							
Edema																							
Loss of sensitivity																							
Redness of the skin																							
Post-operative Shock Loss duration																							

■ to be avoided
 ■ to be done
 ■ may occur

Hair development	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	2 nd month	3 rd month	4 th month	5 th month	6 th month	12 th month	18 th month
Regrowth of shaved hair																							
Probable temporary shedding of grafts																							
Graft regrowth																							
New graft visible																							
Cosmetic difference																							
Final visible result																							
Minoxidil use																							