

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

■ 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 <sup>nd</sup> month	3 <sup>rd</sup> month	4 <sup>th</sup> month	5 <sup>th</sup> month	6 <sup>th</sup> month	12 <sup>th</sup> month	18 <sup>th</sup> month
Regrowth of shaved hair		Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information
Probable temporary shedding of grafts															Information	Information	Information	Information	Information				
Graft regrowth	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information	Information				
New graft visible																		Information	Information	Information	Information		
Cosmetic difference																					Information	Information	
Final visible result																						Information	Information
Minoxidil use															Information	Information	Information	Information	Information	Information	Information	Information	Information