

YOUR MEDICATION PLAN

Name of the medication	Dosage: Number of Days	Dosage: instructions	Application
Cipro 500 Mg	5 Days	2 x Daily: Morning: 1 Tablet Evening: 1 Tablet	
Apranax Pain Killer	3 Days	Morning: 1 Evening : 1	
Prednol 16 Mg	3 Days	Tomorrow : Morning : 1 Noon : 1 Evening : 1 2. Days : Morning : 1 Evening : 1 3. Days : Morning 1	
Lanzedin Caps	3 Days	Empty Stomach	Morning 1 Capsules
Panthenol %9 Lotion (for normal and Oily Skin) The application is recommended for a min. of 6 months post-operative and have been developed especially for the period after the hair transplant.		The first application begins after 3 Days: (once the scabs have formed and the scalp is completely dry): <ul style="list-style-type: none"> • After the application by the Doctor be careful in the Transplantation area when rubbing in the Lotion. • Leave the Lotion on for 15 Minutes Use the Lotion daily as described above until the crusts have fallen off completely. 	
Sebamed-Shampoo The application is recommended for a min. of 6 months post-operative, and have been developed especially for the period after the hair transplant.		The first application also begins after 3 Days: <ul style="list-style-type: none"> • After the Hair Panthenol% 9 Lotion has been left to work for 15 Minutes, wash your hair with the Sebamed -Shampoo after the application by the Doctor. • Please wash your hair only with Lukewarm water. • Make sure that you only apply a very low pressure with your fingers when washing your scalp. • Make sure that you very gently Dab the scalp with a Hand towel. Please Never Rub or Scratch the scalp. • Please also see the separate sheet Instructions for washing the hair“ 	

Healing process:

From the 3rd day your head area may begin to swell. This is very normal. This swelling starts from the 3rd day and can last up to 3-4 days.

Your transplanted area can be red up to 6 - 9 months after the operation.

Numbness can also last between 3-5 months, this is completely normal.

Instructions for washing the Hair after your Hair Transplantation

1. From the 3rd Day after your Hair Transplantation (as soon as the crusts have formed and the scalp is dry) you can wash your hair again according to the Instructions.
2. Firstly, please gently rub your Transplantation area with a little Panthenol%9 - Lotion. Please leave the Lotion to work for 15 Minutes. With this Lotion the traces of dried blood from your Operation are treated, which can be seen as red-brown traces. If your scalp has no traces of scabs or dried blood, then do not apply the Lotion and you can wash your hair as described below.
3. After you have left the Panthenol %9 Lotion to work for 15 Minutes, please wash your complete Head with the Sebamed - Shampoo. To do this, bathe your hair in lukewarm water and foam the Shampoo carefully over the whole head.
4. Finally rinse off the foam with lukewarm water. Make sure that you only apply a very low pressure with your fingers when washing your scalp. Afterwards you should avoid touching the Transplantation Area. Do not ignore this, be especially careful and gentle.
5. One week after the OP you can use the foam lightly over the Transplantation Area.
6. After a period of 2 weeks you can wash your hair again as you would normally. If you still have some Sebamed Shampoo left, then you can keep using it until it is finished. You can also continue using the Lotion.

All Sebamed products that you have received from the clinic, are based on natural oils, plant extracts and a specially designed formula that provides rich scalp care after the hair transplant. With regular use, it cleans and maintains the scalp, so that the hair can grow stronger and healthier. The composition of natural oils and plant extracts contain no chemicals, no alcohol and no perfume additives. Sebamed is a dermatological skin care product with a pH value of 5.5, so that you can wash your hair often. For this reason we recommend the application of Sebamed products for up to 6 months postoperative in order to achieve an optimal result.

Behavior after the Hair Transplantation

Please carry out the following information exactly. This helps to reduce the recovery time.

1. Please take the Medication administered by the Medical Staff regularly, following your Medication Plan.
2. Please do not drive a car for 12 Hours after your OP.

3. During the time when you must take your medication please do not drink any Alcohol.

4. Please avoid the following for 3 Days after the Operation:

- Heavy Work
- Stress
- Strenuous Activity
- Sport
- Sexual Intercourse

5. Please avoid the following for 2 weeks after the operation:

- Sport
- All physically strenuous activities

Sports Activities:

- You should avoid sport for a minimum of 2 weeks – heavy and very strenuous sports should be avoided for 8-12 weeks, as well as sport activities whereby there is a danger of injuring the head.
- Please avoid the Sauna and / or Swimming as well as the solarium for the first 2 weeks after the operation.

6. During the first three months please avoid anything which involves the head. This includes:

- Direct Sunlight
- Solarium
- Cutting the hair (Do not shave the head for 6 months!!!)
- All types of chemicals (Hair styling products, Hair colour etc.)

Please avoid strong sunlight for a period of 4-6 Weeks, as it can greatly affect the recovery of the scalp. Please avoid incidents, violence whereby your scalp could be strongly traumatized. This includes e.g. wearing a Helmet, strong Sports e.g. Boxing or Football or other Activities where you could hurt your Head or your Scalp.

Recovery Period:

1. 3 Days after the OP: It is only now that you can wash your Hair. The scabs will now begin to fall out. See or please also read the sheet with the instructions for washing your Hair and how to apply the Panthenol %9 Lotion.

2. 5 Days after the OP: The taking of the prescribed Medicine is now complete.

3. 3 Weeks after the OP: The newly Implanted Hair (known as Baby Fluff) falls out after a short time. The hairs are still weak and become rejected from the Body. This is a completely normal process. The Intensity of the number of Hairs falling out will depend on the Person and is also affected by different factors. e.g. Blood Circulation of the Scalp, Sensitivity of the Scalp, the Grafts and the Medication taken etc.

4. Between 8-12 Weeks after the OP: Is the resting phase i.e. the recovery phase of the grafts is complete and new, strong hair is produced.

5. 6 Months after the OP: Now a part of your new hair should have grown through. The active growth phase now begins.

6. The final hair growth is only 12 months AFTER the hair transplant has been completed.



It will be used until the box runs out. Take 1 tablet in the morning and evening after meals.



- Will be used for 3 days.
- 1 tablet in the morning and evening
- To be taken after meal.



- Will be used for 3 days.
- To be taken after meals
- Day 1: Morning, noon, evening
- Day 2: Morning, evening
- Day 3: To be taken in the morning
- Salt should not be consumed while taking this



- Will be used for 3 days.
- It will be taken half an hour before breakfast.



- You can use it for 4 months,
- Bring it with you to your first burn.
- We will invite you to our hospital after 2 or 3 days for the first wash.
- How to use is explained above.



- It will be used for 10 days,
- Bring it with you to your first burn.
 - We will invite you to our hospital after 2 or 3 days for the first wash.
 - How to use is explained above.



- You can use either drug for supportive treatment.
- Start Androvium or Minoxil spray 20 days after hair transplantation,
- Make 5 puffs in the morning and evening and massage the transplanted area with fingertips.
- You should use it for 6 months and gradually stop it after 6 months. (You can contact us)



- You can use either drug for supportive treatment.
- You can start taking Xpecia or PanPlus Gold capsule immediately after hair transplantation,
- You can take 1 in the morning and evening
- You should use it for 6 months and gradually stop it after 6 months. (You can contact us)