

What to expect after the FUE

The below representation of the period following FUE HT operation should serve as a general guidance only. **A considerable variation can be observed.** Some hair loss patients may experience few of the issues for a very short while others may experience all of them for a longer period. Some few may have a rather visible cosmetic change after only 4-5 months, while other few patients may see growth setting in after 10-12 months.

During the operation and the following days

Some patients may develop swelling of the forehead and face and in some cases it can be severe. It's not a sign of an infection and it will usually wear off in 2-4 days and is not painful. Severe swelling is very rare, though.

Most patients will have no pain while some may need paracetamol for pain. Only **rarely will the pain be more pronounced.**

Swelling along with fever, redness, soreness and/or generally being unwell may indicate an infection - contact your doctor!

First 2 weeks

Few may experience pain from the donor-area. Paracetamol is usually sufficient to treat the pain.

First 12 weeks

Itching, pimples, pop-ups and dry skin are **relatively common**. Anti-histamins (used for allergic rash), white petroleum (vaseline), baby oil or Aloe Vera may be helpful. In larger surgeries numbness may occur specially in the recipient-area. The transplanted hair **will/may shed** but the growth centre is left intact in the skin.

3-4 months

Growth starts. Usually the itching, pimples, pop-ups and dry skin is gone. Numbness in recipient-area may persist.

6-8 months

Cosmetic change starts appearing. Numbness is gone in nearly all patients.

1-1.5 years and even up to 2 years

Final results.

Returning to work and social life

Thinning but not bald

If the recipient-area is not bald but only thinning most patients will be able to take up normal social activities after 10-14 days without drawing any attention.

Bald recipient-area

If the recipient-area is bald or nearly bald 3-5 weeks may be required before the recipient-area becomes un-noticeable. However, in few cases a [light pinkish colour](#) and irritation may persist even beyond 8 weeks.

Donor-area

In far most of the cases of FUE HT with punches of 1 mm, or below, the donor-area will hardly be visible after two weeks. If the hair and skin colour contrast is great the extraction may be visible with a very short hair cut (number 1).

Caring for your hair transplantation

It is essential that patients comply with the following instructions to ensure a success full result of the HT and a fast return to daily routines.

Shower

The patient is encouraged to take a **low-pressure indirect shower** 2-4 times following the last day of the operation. This helps the scabs go away and speeds up the process of making the operation un-noticeable.

Take completely normal showers after two weeks.

Sleep

The patient should sleep using two pillows for the first two nights. In case of grafts implanted into the lower crown or a strip-scar the patient should sleep on the side for the first two nights.

Do's

Take the antibiotics you've been prescribed. Other medicines are not compulsory.
Normal shower after two weeks

Dont's

Take Aspirin or other NSAID in the first 3 days after your operation

No smoking till full growth of the transplanted hair (no hard evidence for this, but makes sense from other studies related to effects of smoking on outcome of operations)

No exertion for the first 4 days after the operation. Mild exertion (jogging, bicycling and mild weight lifting) may be resumed after 4 days. No body contact

No violent activity (hockey, soccer) or body contact for first two weeks.