

ARMANI MEDICAL

Post-Surgery Instructions After 10 Days and Expectations Up to 24 Months

After 10 days, you may shampoo your hair normally using your regular shampoo and begin removing the scabs. To loosen them, wet your hair thoroughly with warm water, then put on a shower cap for about 5 minutes to soften them, then gently use your fingertips to shampoo them away without forcefully picking at them. **Do not be alarmed if you notice many of the transplanted hair shafts falling out as the scabs are removed—this is expected. The follicle itself has already embedded into the scalp and will continue to grow over time.**

Topical medications, such as minoxidil or topical finasteride, may also be resumed at this time.

You may get a haircut 10–14 days after the procedure (for FUE, typically after 10 days; for FUT, usually about 2 days following suture removal, which is generally around 12 days post-operatively); however, chemical treatments (such as hair dyeing) are prohibited for four weeks after the procedure.

You may still experience mild redness in the transplanted area for a few weeks, and occasionally longer in some individuals. You may apply a skin-colored cosmetic concealer to camouflage this if needed.

If you experience dryness of the scalp after 10 days, you may apply a small amount of 100% pure coconut oil directly to the scalp at night and shampoo it out normally the following day.

It is common to notice small pimples in the transplanted and donor areas over the next few months (often related to ingrown hairs, as new hairs begin to grow). Depending on how oily your scalp is, you may use a deep cleansing shampoo such as Neutrogena T-Sal to reduce this.

Exercise may be resumed after 10 days. For FUE procedures, it may be fully resumed without restrictions. For FUT, light cardio and light exercise are acceptable after 10 days; however, heavy lifting or strenuous activity should be avoided for approximately four weeks to allow for proper healing of the donor scar area.

The donor area may take a few months to fully heal. During this period, you may notice bumpy or tender areas, as well as some scalp numbness. Some patients may also experience tenderness, particularly at night when resting the head on a pillow. A sensation of tightness may also be present, especially in FUT patients. In the transplanted (recipient) area, there may appear to be areas of poor growth, asymmetrical density, or temporary thinning in the coming months; however, these typically resolve completely over time.

Typically, there is little visible growth within the first three months. Around 4–6 months, early growth becomes noticeable, and by 6–12 months, approximately 50% of the final result may be seen. Final results are generally appreciated around 18 months; however, when transplanted within the crown, the follicles may take up to 24 months to fully grow. Keep in mind that everyone heals differently, and we cannot expect the same recovery or results for all patients.

Given this timeline, it is common for patients to feel somewhat disappointed or to question their decision within the first ninety days after the procedure. Since you have gone through the procedure itself, post-operative discomfort, privacy concerns, and the cost, your hair may not yet look significantly improved and, in some cases, may appear slightly worse than before. **But do not worry—this is expected, and things will begin to improve steadily over time.**

You are welcome to call or visit us at any time with any concerns. We typically recommend a follow-up evaluation at approximately 12 months to assess your progress, although this may not represent the final result. Follow-up visits for the first 36 months after your procedure are included at no additional charge.

Please remember that we care about your results as much as you do and want to hear from you!