



AMSTERDAM
HAIR INSTITUTE

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CTRL + F (Windows)

By entering a specific keyword — such as washing, exercise, sun exposure, cap, medication, sauna, or cutting/trimming — you will be directed immediately to the relevant information.

Guidelines after your hair transplant

Questions about your recovery or products?

Our medical team is here to assist you.

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Important

Please make sure our emails arrive in your inbox and not in your spam folder. Throughout your twelve-month aftercare program, you will receive several emails regarding check-ups and appointments. If our emails do end up in your spam folder, please mark them as “not spam.”

- Ensure that you have carefully reviewed the pre- and post-hair transplant guidelines.

Two weeks prior to your treatment, you will receive a schedule with the start time of your procedure. The exact finishing time will be communicated during the day of the treatment itself. We advise that you are only brought to and collected from the clinic on the day of surgery. If you provide us with your driver’s contact details, we can inform them by phone in good time about the expected end time.

Day 0: Treatment Day

The procedure takes between five and nine hours, depending on the number of grafts being implanted. After your treatment, you will receive a medication and washing kit containing various medications and care products.

Medication

Pain relief

After the hair transplant, you may occasionally experience sharp or burning pain in both the implanted area and the donor area. For this, you may take paracetamol (see the schedule above).

If paracetamol does not provide sufficient relief, you may take a stronger painkiller in addition to paracetamol, such as ibuprofen, naproxen, or diclofenac. However, this is rarely necessary.

If you experience severe pain lasting longer than one week, please contact us.

Prednisolone

To reduce swelling after the procedure, you should use the prescribed prednisolone. This medication is not recommended for patients with diabetes or for professional athletes.

Antibiotics

To prevent the risk of a skin infection, you will take the antibiotic Floxapen as a preventive measure.

Allergy

Stop taking the medication immediately if you experience symptoms that may indicate an allergic reaction (such as skin rash, nausea, or diarrhea), and inform us accordingly.

Fusidic acid cream

This antibiotic ointment will be applied to the donor area by us during your first wound check. From the second day onwards, you may apply it yourself once daily, one hour before going to bed, until the tube is finished.

Aftercare timeline for your hair transplant

Cooling ointment

From day 1 after your wound check, you may start applying cooling ointment to the donor area. Apply it 6 to 8 times per day to keep the skin well moisturized and hydrated. This supports faster and improved healing.

The tube provided should be sufficient for approximately three days. If you use more than necessary and the ointment runs out earlier, you may purchase an additional tube of cooling ointment at a pharmacy or drugstore.

From day 4, you may switch to using the CT Recovery Oil for further support of donor area recovery.

Application – donor area

From the first wash, apply once or twice daily using 5–10 sprays. The oil may be gently massaged into the donor area.

Application – transplanted area

From day 10, apply no more than twice per week using 5–10 sprays. Apply carefully using a dabbing motion only; do not massage.

The oil supports the skin's natural healing process by allowing scabs to loosen in a gentle and healthy manner. It nourishes the skin with essential fatty acids, helping it remain hydrated and recover more quickly. This allows scabs to detach smoothly and without irritation, without damaging the underlying skin. Thanks to its soothing effect and antiviral and antiseptic properties, the oil helps protect the skin against infection and reduces discomfort.

Sleeping pills

The use of sleeping pills is not recommended.

Please note: Your pharmacist may contact you to verify that you personally placed the order for the medication package.

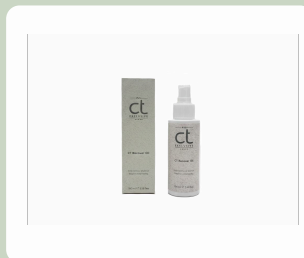
Medication



Cooling Ointment
Floxapen
Prednisolone
Paracetamol
Fusidic Acid Cream

You will receive these items on the day of your treatment.

CT Recovery Oil



This can be ordered through our [webshop](#)

Washing



This concerns the CT Lotion and CT Recovery Shampoo; these products are to be used for the first 18 days. You will receive them on the day of your treatment.

Aftercare timeline for your hair transplant

Day	Time period	Medication
Day 0	After the treatment.	Floxapen, Paracetamol & Prednisolone
Day 1	In the morning, during breakfast. In the afternoon, during lunch. In the evening, during dinner.	Floxapen & Prednisolone Floxapen & Prednisolone Floxapen & Prednisolone <i>In addition to the above, you may take up to three additional paracetamol tablets per day if you experience pain.</i>
Day 2	In the morning, during breakfast. In the afternoon, during lunch. In the evening, during dinner.	Floxapen & Prednisolone Floxapen & Prednisolone Floxapen & Prednisolone <i>In addition to the above, you may take up to three additional paracetamol tablets per day if you experience pain.</i>
Day 3	In the morning, during breakfast. In the afternoon, during lunch. In the evening, during dinner.	Floxapen & Prednisolone Floxapen & Prednisolone Floxapen & Prednisolone <i>In addition to the above, you may take up to three additional paracetamol tablets per day if you experience pain.</i>
Day 4	In the morning, during breakfast. In the afternoon, during lunch. In the evening, during dinner.	Floxapen Floxapen Floxapen <i>In addition to the above, you may take up to three additional paracetamol tablets per day if you experience pain.</i>
Day 5	In the morning, during breakfast. In the afternoon, during lunch. In the evening, during dinner.	Floxapen Floxapen Floxapen

Aftercare timeline for your hair transplant

Day	Time period	Medication
Day 6	In the morning, during breakfast.	Floxapen
	In the afternoon, during lunch.	Floxapen
	In the evening, during dinner.	Floxapen
Day 7	In the morning, during breakfast.	Floxapen

CT Exclusive products

These products are essential for maximizing the final result and supporting recovery, including beyond the first twelve months.

You order this CT treatment yourself via our webshop, after which it will be delivered to you by post. Various packages are available; for example, you may choose a six-month package.

These products form an essential part of our FUE CT hair transplant technique and are entirely natural, without the use of chemical hormone blockers.

CT Exclusive stimulating shampoo

Use this shampoo once all scabs have completely disappeared. CT Exclusive Vitamin Balls should be added to the shampoo. They are supplied together with the shampoo.

CT Exclusive supplements

From day 7, you may begin taking these capsules. They may also be dissolved in water.

These products are an indispensable part of the CT aftercare protocol and actively support hair development and recovery.

Aftercare timeline for your hair transplant

Day 1: The Day after the treatment

Your first in-person aftercare check will take place, during which your bandage will be removed and the surgical area will be cleaned. The appointment time is listed in the schedule you will receive from us by email. That evening, you should apply the fusidic acid cream to the donor area yourself.

Day 3: Washing until the scabs have disappeared

First, apply the lotion using a gentle dabbing motion and allow it to absorb for 30 minutes. Then rinse the lotion thoroughly with plenty of water, preferably in the shower.

You may set the shower head to a higher setting so that the water falls onto your head like a soft, evenly distributed rainfall. Avoid a harsh, direct stream, but ensure the water pressure is strong enough to rinse the lotion out properly. The more water used, the faster the lotion will be removed.

Next, wash your scalp twice, using a dabbing motion, with the aftercare shampoo. This shampoo does not need to be left on and may be rinsed out immediately.

In some cases, the lotion may run out before all scabs have disappeared, for example when a larger treatment area was involved or when the lotion is used more frequently.

If the lotion and shampoo are finished and scabs are still present, switch to: Sebamed Moisturizing Body Lotion and, if the shampoo has also run out, Sebamed Everyday Shampoo. These products are available at drugstores or can be ordered online.

How to wash



Watch the how to wash video via:
<https://youtu.be/I8LHt0BeTYk>

Moisturizing lotion



Available at pharmacy or can be ordered online.

Shampoo



Available at pharmacy or can be ordered online.

Day 7

Begin taking two CT Exclusive Supplements capsules daily after dinner, to support better absorption during the night. You may also spread the two CT Exclusive Supplements capsules throughout the day if this is more convenient for you.

You may resume sleeping with your regular pillow; the neck pillow is no longer necessary.

Day 18

You will receive an automated email request asking you to submit photos and answer a number of questions. The photos will be reviewed by the specialist, after which you will receive feedback.

Once your scabs have disappeared, you may switch to the CT Exclusive Shampoo. In that case, mix each small Vitamin Balls container into one full bottle of CT Exclusive Shampoo. Always turn the bottle upside down several times before use, as the vitamin balls sink to the bottom due to their weight. Shaking alone is sometimes insufficient.

Please note: continue washing using a dabbing motion until the end of week 4. From day 18, once the scabs have disappeared, you may safely put clothing over your head again.

After 18 days

Please note: after a hair transplant, you may temporarily experience hair shedding or hair breakage in both the donor area and the recipient area. This phenomenon is known as temporary shock loss.

Shock loss occurs because the skin is locally stressed during the procedure. This involves a form of mechanical and surgical microtrauma to the scalp, such as the creation of incisions, the insertion of grafts, or their removal. As a response, surrounding existing hairs may enter the resting phase (the telogen phase) or may temporarily weaken, break, and shed.

This is a normal and temporary process: the hair follicles themselves remain intact. In most cases, the shed hairs will fully regrow within four to six months.

Will Bald Patches Occur? (Shock Loss)

After the treatment, temporary bald patches may develop in the donor area and sometimes also in the transplanted area. This is a result of shock loss, a well-known phenomenon following hair transplant procedures, in which hairs surrounding the treated area temporarily shed in response to the local trauma of the procedure.

In most cases, this resolves on its own and hair growth begins to resume between the fourth and sixth month after the treatment.

After a second CTS treatment, recovery in these areas often occurs more quickly, as the skin is then better adapted to the process.

If you have any questions about this, please feel free to contact our WhatsApp support line.



Week 4

At the end of week 4 (day 30), you should stop washing using a dabbing motion and begin gradually washing with gentle massaging movements. From this point onward, you may also shower again under a normal or slightly stronger water stream.

In between week 3 and 5

During this period, have your first CTS treatment performed. This appointment also serves as an in-person follow-up check.

At this stage, wound closure has been completed, but the blood circulation in the scalp still needs to stabilize.

The goal of the treatment is to create a favorable environment in which the hair follicles can firmly anchor and develop optimally.

Please note:

- Your first CTS treatment consists solely of a double dose of CTS.
- The first PRP treatment was administered immediately after your hair transplant.

In between month 3 and 5

Second CTS + PRP Treatment and in-person check

When the growth phase of the hair follicles begins, the second CTS treatment supports the activity of the skin and hair cells. This treatment is combined with a PRP treatment and an in-person check.

You will schedule this CTS + PRP treatment via the unique link you will receive from us by email in week 8. Through this link, you will gain access to our online scheduling system, where you can book an appointment yourself within the recommended time frame. Using the same system, you can also pay for the appointment and, if necessary, reschedule it free of charge up to 48 hours in advance.

In between month 6 and 8

Third CTS + PRP Treatment and in-person check

During the growth phase of the hair follicles, this third CTS + PRP treatment supports further improvement of the hair structure. The goal at this stage is to optimize hair density. The treatment is combined with an in-person progress check.

You will schedule this CTS + PRP treatment via the unique link that you will automatically receive from us by email in the fifth month. Through this link, you will gain access to our online scheduling system, where you can book the appointment yourself within the recommended time frame. Using the same system, you can also pay for the appointment and, if necessary, modify the appointment.

Month 6

Second online check – important advice

We advise you not to cut the transplanted hairs during the growth phase until the final result becomes visible, around the 12th month. Cutting the hair prematurely may have a negative effect on both the hair structure and the final thickness of the new hair.

Crown area

Hair growth in the crown area often progresses more slowly than on the rest of the scalp, and the final result may vary from person to person. This is due to genetically lower blood circulation in the crown area, which can limit hair growth.

According to our protocols, stronger hair follicles (grafts) are generally placed at the front of the scalp. This ensures better density and coverage in the most visible area of the head.

Less strong grafts, such as finer hairs or grafts containing one or two hairs (single/double grafts), are often placed in the crown area. Combined with the lower blood circulation in this region, this may result in slightly lighter and thinner hair growth on the crown compared to the front.

Month 12: Final online check

Third and final online check – Important point of attention

For a correct assessment of your photos during this final check, it is important that your hair has a minimum length of 5 centimeters.

We kindly ask you to style your hair in its natural growth direction, without creating a parting, without wetting the hair, and without using gel or any other styling products.

To achieve better coverage, stronger grafts were placed at strategic angles during the procedure. Less strong grafts were implanted between existing hairs, often with a different growth direction. If the hair is not styled correctly, this may cause lighter areas to remain unnecessarily visible.

In this way, we are able to assess hair density and the final result as accurately as possible from a technical perspective.

Changes in scalp sensation

After a hair transplant, the scalp may temporarily feel different. The most common changes include:

Reduced sensation (hyposensitivity)

The transplanted area may feel less sensitive during the first 6 to 12 months. In most cases, normal sensation returns within this period. In rare cases, reduced sensation may persist beyond 12 months.

Increased sensitivity (hypersensitivity)

The transplanted area or the donor area may temporarily be more sensitive than normal. This hypersensitivity usually resolves between 6 and 12 months after the procedure. In exceptional cases, increased sensitivity may persist for a longer period.

During the first three days after the procedure, it is important to pay close attention to your posture. Make sure to keep your head upright in a healthy, neutral position. Be mindful of this while walking, sitting, lying down, and when using your phone. Avoid bending forward as much as possible.

During the hair transplant, fluid is injected into the scalp. If proper posture is not maintained, this fluid may shift toward the front of the face. This does not affect the final result but may cause swelling and, in some cases, bruising under the eyes.

Any swelling usually subsides within one week. In the meantime, continue to pay close attention to your posture to minimize discomfort.

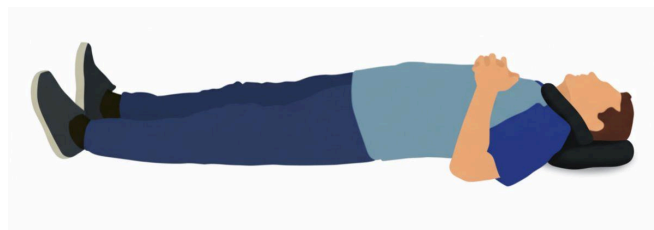
Sleeping with the neck pillow

During the first week, sleep on your back using the provided neck pillow. You do not need to sleep in an upright position. Place the neck pillow on top of your regular pillow.

The neck pillow is essential to prevent the transplanted hair follicles from coming into contact with your pillow. It also helps prevent you from turning during sleep, which could cause damage to the grafts and contribute to swelling.

Do not use sleeping medication or sleeping pills. These may cause you to touch the transplanted area or change position unconsciously while sleeping without waking up.

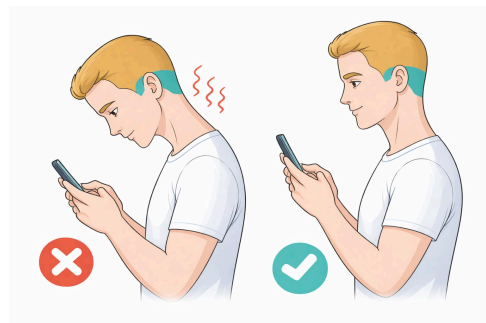
Place a towel over the neck pillow to keep it clean. You will sleep on your back, with the donor area resting on the neck pillow. There is no risk of damage to the donor area, as no grafts were placed there. The crown area will also not come into contact with the neck pillow.



For additional support, you may place an extra pillow underneath the neck pillow.

Mobile phone use

Let op uw houding bij het gebruik van uw mobiele telefoon. Vermijd voorover buigen en houd het toestel bij voorkeur op ooghoogte, vooral tijdens de eerste drie dagen na de behandeling. Probeer hierbij iets achterover te leunen om een goede en ontspannen houding te ondersteunen.



Physical activity and exercise

During the first 30 days after the procedure, you are not allowed to exercise or lift heavy objects. From day 7, a lifting limit of a maximum of 7 kilograms applies. Also avoid tensing the forehead muscles as much as possible.

Light walking is permitted from the third day after the treatment. Light or intensive sports, jogging, dancing, or other physical exertion are strictly not allowed during this phase. Between day 21 and day 30, you may gradually begin light activities such as jogging, cycling at a low pace, or light cardio. During this period, continue to avoid weightlifting or explosive movements.

After the fourth week, you may gradually return to your normal sports routine, including strength training, intensive endurance sports, kickboxing, and other athletic activities. At this stage, there is no longer any risk of damage to the grafts.

Important!

The above guidelines regarding sports and physical activity have been carefully developed by our medical team, specifically for the FUE CT hair transplant, and are based on documented clinical experience.

Please be aware that advice from other clinics or information found online may differ and may not be applicable to our technique.

We therefore kindly request that you follow only our guidelines. Our support department has been instructed to consistently refer to these protocols and does not provide advice that deviates from them.

Sports supplementen

Until the final result has been achieved, we recommend using only our own supplements. These contain all essential ingredients and vitamins in the correct proportions to support optimal hair growth, specifically aligned with the effectiveness of our CT protocols.

If desired, you may additionally use magnesium, omega 3, and vitamin C. In the case of a confirmed deficiency in iron, vitamin D, zinc, or vitamin B12, you may take these supplements separately as needed.

We advise against using any other supplements, as our formulation has been carefully designed to ensure optimal results.

Frequently asked supplements

Pure protein powder

The use of pure protein powder is permitted.

Pre-workout supplements

Pre-workout supplements are strongly discouraged. These products often contain high levels of caffeine and other stimulating or chemical additives that may negatively affect the recovery and development of transplanted hair follicles.

Creatine and hair Loss

Long-term use of creatine may potentially affect the hormonal balance in the body. Some studies suggest that creatine may increase levels of dihydrotestosterone (DHT), a hormone associated with hair loss in individuals who are genetically predisposed.

Although this effect does not occur in everyone and scientific evidence is limited, we recommend avoiding creatine until the final result has been achieved. This is to minimize the risk of disrupting hair growth during this crucial phase. Even after this period, caution is advised, especially in cases of active hereditary hair loss.

Amino acids

The use of amino acids is permitted.

Use of anabolic steroids and growth hormones

The use of anabolic steroids and growth hormones, such as Genotropin, Sustanon, Deca-Durabolin (Nandrolone) and testosterone preparations (such as Enanthate or Cypionate), is not permitted during the hair transplant process.

These substances can disrupt hormonal balance, delay wound healing, and negatively affect the final result of the transplant. They also increase the risk of inflammation, scarring, and excessive hair loss.

This applies not only to the transplanted hair, but also to existing (natural) hair. Individuals with a genetic predisposition to hair loss are particularly at risk of additional hair loss through the hormone DHT (dihydrotestosterone), which is influenced by anabolic steroids and testosterone-enhancing substances.

We advise discontinuing the use of these substances at least 3 to 6 months prior to the procedure. Even after achieving the final result, continued caution is recommended, as resuming use may still have negative effects on both existing and transplanted hair.

Important advice regarding supplements

We strongly advise against the use of any supplements or individual ingredients other than our own CT supplements during the treatment process.

Our supplements are FDA-registered and have been specifically developed to optimally support the different phases of recovery and hair growth in accordance with our CT technique. They contain powerful active ingredients in carefully calibrated dosages.

The effects of other products have not been tested in combination with our treatment or with the potent active compounds we use. As a result, the effects or potential interactions with other supplements are unknown and may unintentionally affect the outcome.

We therefore kindly ask you not to submit ingredient lists or alternative products to our staff. Our support department is fully instructed to guide you strictly according to our protocols and will not provide advice that deviates from these guidelines.

After achieving the final result (after 12 months), you are of course free to use your own supplements if you wish.

Combat sports and helmets

For kickboxers and other combat sports athletes, the following applies: during the first month after the procedure, exercising and wearing a helmet are not permitted.

From day 30, you may wear a tight-fitting helmet again, such as a motorcycle helmet or other types of helmets.

For individuals who practice kickboxing or boxing at a high level, we recommend resuming sparring with a helmet from the third month onwards. This allows sufficient time for the treated area to recover and helps prevent pressure or friction on the grafts.

Sexual intercourse

Sexual intercourse is not recommended during the first week after the hair transplant. Due to physical exertion and increased pressure on the body, tension may occur in the forehead and the transplanted area. This can disrupt the healing process and may potentially hinder the development of the initial hair growth.

Immediately after the hair transplant, you will receive the CT Repair Lotion and Shampoo, which you must use to gently wash and care for the transplanted area using a dabbing motion from day 3 through day 18.

In the videos below, we explain how to perform the washing process correctly:

NL: <https://youtu.be/I8LHt0BeTYk>

EN: <https://youtu.be/-K6u-9JXk5Y>

The videos also address the following questions:

- How do I perform the washes using the lotion and shampoo?
- Is it a problem if some hairs break off?
- The scabs seem to break but not come off – is this normal?
- My lotion has run out – what should I do?
- How long do the scabs remain?
- How long does redness last?
- How should I wash using a dabbing motion?
- How do I care for the donor area?
- How and for how long should I use the supplied products?
- When should I order and start using the additional CT Exclusive products from the webshop?
- When is the next online check scheduled?

Scabs

The scabs that form or remain after a hair transplant must not be removed or picked off. Doing so may cause properly placed hair follicles to loosen and can negatively affect the final result.

The scabs must detach naturally. This happens gradually through careful washing using a dabbing motion with our lotion and the use of the Recovery Oil, which softens the skin and allows the scabs to come off on their own.

If the scabs have not disappeared after 18 days, you may follow our lotion treatment protocol:

- Apply a generous amount of lotion to the scabs on three consecutive evenings before going to bed.
- Allow the lotion to absorb overnight without rinsing it off.
- The following morning, apply lotion again and let it sit for at least 30 minutes.
- Then wash the treated area thoroughly using a firm dabbing motion and plenty of water.

If scabs or flakes are still present after this treatment, please send several clear photos to our WhatsApp support line or by email to: nazorg@amsterdamhairinstitute.com

Lines and breakage in the transplanted area

It may occur that visible lines or small breaks appear in the transplanted area (see Figure 1). This is usually caused by insufficient use of the lotion, or because the lotion was allowed to absorb for less than 30 minutes.

These lines or breaks are caused by the expansion of scabs, which may result in hairs temporarily breaking or shedding. This can appear as bald patches, but the hair follicle itself remains intact. From approximately the tenth week, new hairs will begin to grow again from the healthy follicles.

If you notice lines or breakage, we advise the following:

- Use slightly more lotion than you normally do
- Allow the lotion to absorb for at least 30 minutes
- Then rinse the lotion thoroughly by firmly dabbing with plenty of water (see also the section “How to Wash”)

Please note:

Donor area: Do not touch the donor area with unwashed hands during the first 4 weeks.



Figure 1: Example of lines or breakage in the transplanted area

Fluid or small blood droplets

If fluid or small blood droplets appear on the scalp during the first days after the treatment, you may gently remove them using a dabbing motion with a clean gauze pad or a piece of kitchen paper. This may occur due to light physical activity or pressure and is not harmful to your grafts.

By gently dabbing the area, you keep it clean. Any blood clots that may form must not be removed or picked off, as this may cause properly placed hair follicles to loosen. These clots will gradually disappear during washing.

If you find the remaining blood residue bothersome or persistent, you may schedule an appointment at our clinic. We can then provide additional cleaning of the treated area in a safe and professional manner.

Pimples, Bumps, Itching, and Sharp pain after a hair transplant

After a hair transplant, you may experience itching, pimples, small bumps, or a sharp, stinging sensation, particularly in the donor area. These reactions are generally harmless and, for some patients, are part of the normal healing process.

Itching

Itching may occur in a small number of patients from day 4 onwards, especially in the donor area. This is often caused by contact with unwashed hands, dry skin due to frequent mobile phone use, or unhygienic bedding or pillows.

Until day 4, you may use cooling ointment. This helps soothe the skin and reduce itching.

From day 4, when itching may increase (and in some patients may persist until day 18), we recommend using CT Recovery Oil.

This oil is known for its effective support of skin recovery and relief of mild skin irritation and itching.

Because the oil is colorless, it is also more aesthetically pleasant to use than cooling ointment, which may leave a white residue.

- From day 4: gently massage CT Recovery Oil into the donor area.
- From day 10: you may also apply the oil to the transplanted area using a gentle dabbing motion, to support the natural loosening of the scabs.

For more information, please refer to the section "CT Recovery Oil." The oil is available through our webshop on the website.

The itching will gradually subside; the duration varies per individual. By applying the Recovery Oil consistently, the skin is soothed and the healing process is optimally supported.

Experiencing sharp or pulling pain in the donor or recipient area?

In a small percentage of patients, sharp or aching pain may occur during the healing process of the donor area. This is usually caused by the fluid (saline solution) injected during the procedure, which temporarily exerts pressure on the nerve endings in the scalp, combined with the effect of microtrauma to the skin caused by the treatment.

The body naturally drains this fluid, but in some patients this process may take longer. This can temporarily cause discomfort.

What can you do?

- Sleep slightly on your side to reduce pressure on the donor area
- Avoid direct pressure on the treated area while lying down

These symptoms are harmless and do not have a negative impact on the final result. In most cases, they resolve spontaneously within 2 to 3 weeks.

Pain relief

- You may take 1000 mg of paracetamol up to three times per day
- If necessary, this may be combined with an anti-inflammatory such as 400 mg of ibuprofen
- Preferably take pain medication before going to sleep to improve nighttime rest

Please Note

Always consult your doctor or pharmacist if you have any doubts about allergies or possible interactions with other medications. If you have not used ibuprofen before, or if you prefer an alternative medication, discuss with your doctor which pain reliever is safe for you.

Please also inform our clinic about your symptoms, so we can monitor your recovery and provide further guidance where needed.

Helmets, caps, and other headwear

Cap:

From day 4 onwards, you may wear a cap loosely.

From day 18 onwards, the cap may be worn normally.

Beanie:

Permitted once the scabs have completely resolved (typically after 18 days).

Ski Goggles:

Permitted once the scabs have completely resolved (typically after 18 days).

Ski Helmet:

Permitted from day 21 onwards.

Respirator / Protective Face Mask:

Permitted from day 14 onwards.

Construction Helmet / Safety Helmet:

Permitted from day 18 onwards, once the scabs have completely resolved.

Motorcycle Helmet:

Permitted from day 30 onwards.

Military Cap:

From day 4 onwards, it may be worn loosely (not tightly fitted).

Durag:

Permitted after 30 days.

Use an anti-dandruff/anti-eczema shampoo (e.g., Nizoral® 20 mg/g) in a dabbing motion from week 2 through week 4, twice weekly.

From week 4 onwards, you may resume washing the scalp using gentle massaging movements.

Please note: if scalp conditions are not adequately controlled, the structure of both existing and newly transplanted hairs may gradually become thinner over time.

In case of persistent symptoms, please send a photograph and report this to our team via WhatsApp: +31 6 184 280 01.

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From week 4 onwards, you may resume washing the scalp using gentle massaging movements.

Please note: if scalp conditions are not adequately controlled, the structure of both existing and newly transplanted hairs may gradually become thinner over time.

In case of persistent symptoms, please send a photograph and report this to our team via WhatsApp: +31 6 184 280 01.

Below you will find the guidelines for cutting your hair after the hair transplant. It is important to follow these carefully to avoid hindering hair growth or negatively affecting the final result.

Important!

Cutting or shaving your hair too early or in a manner that deviates from our guidelines may negatively affect hair growth.

First 30 Days

During the first 30 days, neither the transplanted area nor the donor area may be cut.

After 30 Days

Donor area – cutting guidelines

- If necessary, the donor area may only be trimmed using scissors, to a maximum length of 1 centimeter.
- The use of clippers is not permitted until month 12, even with a guard or comb attachment.

Transplanted hair

- From approximately month 3, hair growth from the newly implanted grafts will begin.
- Throughout the entire growth phase (up to month 12), we advise not to cut these hairs.
- During the development phase, the new hairs need the opportunity to grow in length. Shaving or cutting the area too short may hinder hair growth and prevent the hairs from thickening properly. Sufficient length is essential for achieving an optimal final result.

Exception: if the hair has become dry or frizzy after month 6, you may trim it once, to a maximum length of 1 to 2 centimeters.

For proper coverage and for accurate assessment of follow-up photos, it is important that the hair remains at a minimum length of 5 centimeters.

Please note:

With a hairstyle length shorter than 5 centimeters, lighter or less dense areas may become visible in certain regions.

Natural hair along the edges of the transplanted area

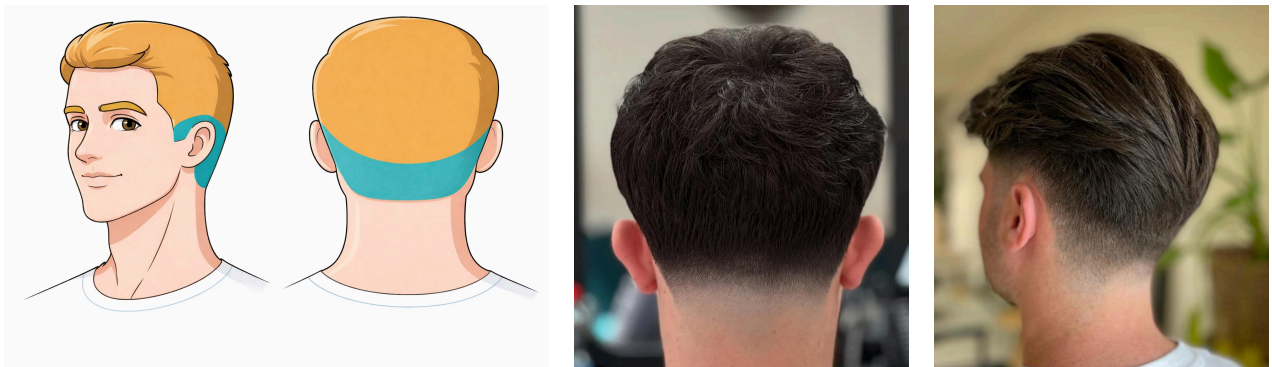
- Your own, faster-growing natural hair may be styled and trimmed. Please ensure that the transplanted area is not touched.

Sides – Cutting instructions

Shaving the sides is permitted, but only within the green shaded area. Please observe the following guidelines:

- No higher than 2 cm above the level of the ears
- No higher than 3 cm from the lower edge of the donor area

By adhering to these boundaries, you prevent damage to the treated area and avoid disrupting the healing process.



After day 4

You may only be exposed to the sun while wearing a cap.
Avoid sun exposure without a cap at temperatures above 18°C.

Month 1 to 6

Limit sun exposure to a maximum of 10–15 minutes at a time without a cap. Sunlight is beneficial for skin recovery and hair growth, but sunburn of the scalp is harmful. From day 30, you may sunbathe while wearing a cap or other head covering.

After 6 months

Unlimited sun exposure is permitted without a cap or head covering. Always use sunscreen when exposed to sunlight or tanning beds. Choose at least SPF 30.

Tanning bed

If you fully cover your head with a towel, you may use a tanning bed from month 3 onwards.

Suitable Sunscreen From Week 4

After the scabs have disappeared (usually from week 4 onwards), it is important to properly protect the scalp against UV radiation. A suitable sunscreen for use on the transplanted area should meet the following criteria:

- Broad-spectrum protection (UVA + UVB)
- SPF 30
- Fragrance-free and alcohol-free (to prevent irritation)
- Mineral (physical) filters, such as zinc oxide or titanium dioxide, are safest for sensitive skin

Swimming

During the first 30 days following your hair transplantation, swimming is not recommended. This is to prevent infection risks, scalp irritation, and disruption of the healing process.

From day 7 onwards, you may carefully enter the water (for example, in a swimming pool), provided that you wear a cap and keep your head above water at all times.

Avoid any contact between chlorinated or salt water and the transplanted area until after the first month.

Sauna

Sauna use is permitted after 30 days; however, this should be resumed gradually.

During the first 6 months, we advise limiting sessions to a maximum of 10–15 minutes per visit.

After 6 months, this may be extended to 20–30 minutes per session, depending on your recovery progress and overall scalp condition.

Nutrition

Eat a healthy and varied diet, especially during the first weeks of the recovery process. Increase your intake of vegetables for optimal nutrition. From the day after the treatment, we recommend drinking one to two cups of green or herbal tea daily, as well as sufficient water, to promote blood circulation.

Alcohol

Avoid alcohol for at least three days before the treatment and until seven days after the treatment. This results in a total of ten days.

After this period, we also advise limiting alcohol consumption as much as possible during the development phase, especially during the first six months.

Smoking – Important Advice Before Your Treatment

We advise completely stopping smoking at least one week before the hair transplant. Smoking on the day before the treatment and on the evening of the treatment, in particular, significantly increases the risk of complications.

Smoking constricts blood vessels and impairs oxygen supply to the tissue. This increases the risk of issues such as skin congestion and, in rare cases, the death of small areas of skin (necrosis) after the procedure.

In addition, smoking can negatively affect recovery and hair quality. During the first six months, which is the development phase of the new hair, the hairs may remain thinner than normal as a result of reduced blood circulation. For an optimal result, it is therefore strongly recommended to avoid smoking or to smoke as little as possible during this period.

Important!

The above guidelines regarding sports and smoking have been carefully developed by our medical team. We kindly ask you to follow these guidelines strictly and not to submit any requests that deviate from them. Our support department has been instructed to clearly refer you to the prescribed protocols and will not provide advice that differs from these guidelines.

Wax (No Gel), Oil, Blow-Drying, Hair Dye, Toppik, Fibers, etc.

Important!

Use of Styling Products After Hair Transplantation

During the first six months after the procedure, we advise not to use wax, gel, or hairspray. During this period, you may only care for your hair using water or a natural oil (applied to the hair only, not to the scalp, to prevent excessive oil absorption by the skin).

After six months, you may, if desired, use a water-based hair wax containing as many organic ingredients as possible. Ensure that the wax does not come into contact with the scalp, and always rinse the product out thoroughly on the same day.

Styling products such as hairspray and gel remain discouraged, even after this period.

Dry scalp

If you experience a dry scalp, you may apply CT Recovery Oil from the first hair wash onward. The oil supports recovery of both the donor area and the transplanted area, promotes the natural loosening of scabs, and helps reduce itching.

Application of CT Recovery Oil

Donor area: From the first wash, apply once to twice daily using five to ten sprays. The oil may be gently massaged into the donor area.

Hair transplant area: From day 10, apply no more than twice per week using five to ten sprays. During the first four weeks, apply using a gentle dabbing motion only; never massage.

Hair coloring after a hair transplant

All forms of hair dye place stress on the hair and scalp, especially during the recovery phase. If you choose to dye your hair, we advise doing so only after twelve months. This prevents disruption of the growth process and protects both the new hair and the scalp.

Preferably choose an organic hair dye, free from ammonia and with a low concentration of hydrogen peroxide. Do not use henna, as it may damage the hair structure and can react unpredictably with treated hair, despite appearing harmless.

Hair thickening products

We strongly advise against the use of products such as Toppik, hair-building fibers, or Volumehair. These products can clog the pores of the scalp, negatively affecting hair growth. The use of hair fibers may gradually thin both existing and transplanted hairs and can ultimately lead to hair loss.

Blow drying – first 12 months after the procedure

- During the first 6 months, blow-drying is not permitted.
- From month 6 onwards, blow-drying is allowed only under the following conditions:
- Maintain a minimum distance of 30 centimeters from the scalp
- Use setting 1 only (cool or low temperature)
- Limit blow-drying time to a maximum of 1 minute per session

Chemical Agents Such as Minoxidil, Finasteride, and DHT Blockers

Use of Chemical Hair Growth Medications (Finasteride, Dutasteride, and Minoxidil)

The use of chemical hair growth medications such as finasteride, dutasteride, and minoxidil is not recommended within our treatment protocols. Our FUE CT technique is based on a biological approach, in which we work without reliance on hormonal or chemical agents.

Although these medications may sometimes show an initial improvement in hair growth, their effectiveness often decreases after two to three years in many users. This may also have adverse effects on the structure and quality of the transplanted hair.

In addition, there are potential risks of side effects. With finasteride, reported side effects include loss of libido, mood disorders, anxiety symptoms, and depressive feelings. In May 2025, the CBG (Medicines Evaluation Board) announced that suicidal thoughts will now officially be included as a side effect in the patient information leaflet for finasteride, based on reports submitted to the Dutch pharmacovigilance center Lareb.

Although these side effects can vary significantly from person to person, we take these reports seriously. For this reason, we advise against using these medications during the treatment process and recommend continued caution even after achieving the final result, especially in younger patients or individuals with a history of psychological complaints.

With a properly performed FUE CT hair transplant, and with the correct indication, it is possible to achieve a sustainable result without the use of chemical hair growth medications.

Use of Medication

The use of certain medications may cause side effects that could potentially affect the development of new hair.

If you are taking medication for an existing condition, we advise you to carefully review the patient information leaflet for possible side effects related to hair loss or hair growth.

If you have any questions as a result of this information, please feel free to contact us. We are happy to guide you further throughout this process.

Questions about your recovery or products?

Our medical team is here to assist you.

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