

HAIR TRANSPLANT PATIENT INFORMATION GUIDE



Information For Patients

This booklet provides information to help you decide whether to have Hair Transplant. It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, you may find it helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

This booklet is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

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What is a Hair Transplant Surgery?

A hair transplant is a surgical procedure that moves healthy hair follicles (usually from the back or sides of the scalp) to areas with thinning or no hair. Today's most commonly used techniques are:

- **FUE (Follicular Unit Excision):** Individual hair follicles are removed and implanted.
- **DHI (Direct Hair Implantation):** Hair follicles are extracted and implanted using a specialised implanter tool.

Both techniques aim to restore natural hair growth patterns. Hair transplants are often used for male and female pattern hair loss, scarring alopecia and aesthetic restoration of eyebrows or beard regions. Sources confirm these methods are widely accepted and safe when performed by trained surgeons.

Why Might a Hair Transplant Be Recommended?

Hair transplants are commonly considered for:

- Male or female pattern baldness
- Thinning hair that affects self-confidence
- Hair loss from trauma or scarring
- Eyebrow or beard thinning

A surgeon will assess your individual scalp condition, hair density, family history and expectations before recommending treatment.

Potential Benefits and Risks

Potential Benefits

- Natural hair growth over time
- Improved hairline and coverage
- Long-lasting results when performed correctly

Possible Complications During Surgery

- Excessive bleeding
- Adverse reaction to anaesthesia
- Poor graft survival if placement is compromised

Possible Complications After Surgery

- Infection
- Prolonged swelling
- Poor or patchy growth
- Noticeable scarring
- Shock loss
- Irregular hair direction

Risks are generally low when surgery is performed by a trained and experienced surgeon.



WORLD
MEDI-GROUP

Preparing for Your Surgery

Before your surgery date, you should:

Medical & Lifestyle Preparation

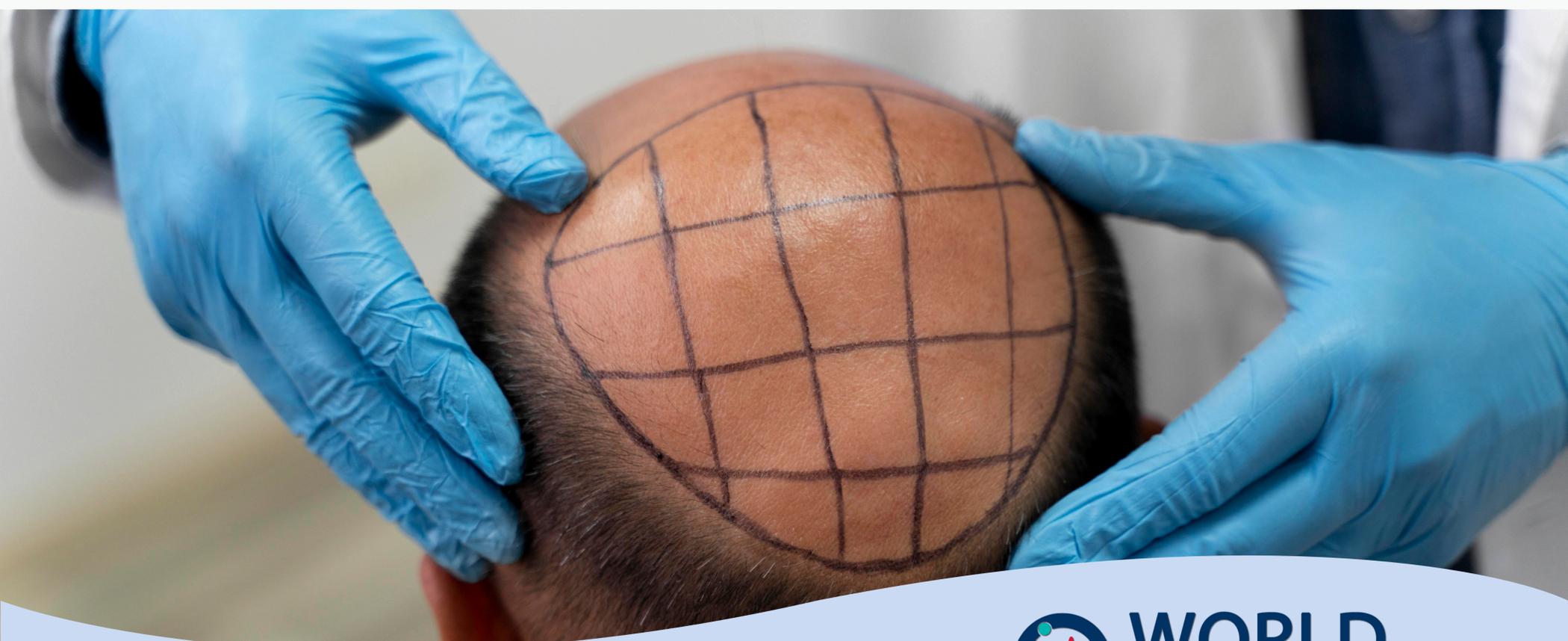
- Avoid blood-thinning medications and supplements such as aspirin, ibuprofen, warfarin, omega-3 supplements, and certain herbal remedies at least 7–10 days before surgery (unless your physician says otherwise).
- Stop smoking and alcohol at least one week before surgery, as they can impair healing.
- Avoid anti-inflammatory drugs, unless approved by your surgeon.
- Disclose all medical conditions and medications to your surgeon.
- Complete any blood tests or pre-operative assessments required by the clinic.

Scalp & Hair Preparation

- Wash your hair and scalp thoroughly the morning of surgery.
- Avoid hair products (gel, wax) on the day of surgery.

These steps minimise bleeding and reduce the risk of complications.

Note: Please ensure that you bring loose, front-buttoned or wide-collared clothing with you. After the procedure, you will need to dress and undress carefully for at least 10 days to avoid disturbing the transplanted grafts.



Travel & Treatment Itinerary (International Patients)

Arrival Day

- You will be picked up at the airport by your clinic's transport.
- You will be transferred to your hotel as arranged by the hospital.
- A medical representative may visit you to confirm details.

Pre-Operative Day

- You will visit the clinic for pre-op photos, scalp assessment and blood tests.
- Your surgeon will mark the recipient areas and discuss final plans.

Surgery Day

- Transport will take you from your hotel to the clinic.
- You will receive local anaesthesia before surgery.
- The hair transplant procedure will take several hours depending on the number of grafts and technique used.
- After completion, you will be transferred back to your hotel for rest.

Post-Operative Days

- A follow-up clinic visit may be scheduled 1–2 days after surgery to check healing, remove dressings if needed, and provide aftercare instructions.
- Most patients return home after 2–3 days, depending on individual healing and surgeon advice.

Patients are usually advised to delay flying for at least 3–4 days after surgery to reduce the risk of swelling and support optimal graft stabilization.



What Happens During the Procedure

Hair transplant surgery generally includes:

Local Anaesthesia

You will remain awake but comfortable. The scalp is numbed using local anaesthetic.

Extraction

- FUE: Individual follicles are extracted one by one.
- DHI: Follicles are extracted and kept in a special solution before implantation.

Implantation

Grafts are implanted into tiny incisions in the recipient area based on desired hairline and density.

This process is meticulous and may take several hours.



Aftercare: First Days and Weeks

Immediately After Surgery

- You may have small scabs where grafts were placed.
- Mild swelling or redness is common.
- Pain is generally mild and managed with medication.

Protecting Your Scalp

- Avoid touching or rubbing treated areas.
- Do not wear tight hats for at least 7–14 days unless approved by your surgeon.
- When outdoors, protect your scalp from direct sunlight.

Cleaning & Medications

- Use any prescribed sprays or solutions as instructed.
- Follow the wash protocol exactly as recommended by your clinic.

Good adherence to aftercare instructions improves graft survival and reduces complications.



What to Expect After the Operation

First 1–2 Weeks

- Scabs may form and fall off.
- Some transplanted hairs may shed (“shock loss”) before new growth begins.
- Mild swelling or tenderness can occur.

Months 1–3

- New hair follicles begin to grow.
- Some patients notice patchy growth during this period.

Months 4–12

- Gradual improvement in hair density.
- Most growth stabilises around 9–12 months post-surgery.

Long-Term

Results vary by individual and depend on:

- Age
- Hair characteristics
- Scalp health
- Donor density
- Technique used

Forehead/temple areas often show early visible improvement, while the crown region may take longer to develop noticeable density.



When to Seek Medical Advice

Seek urgent medical attention if:

- You develop a high fever
- There is increasing pain, redness, heat or discharge
- Excessive bleeding occurs
- Any symptom feels unusual or concerning

Your clinic should provide after-hours support contacts.

Questions to Discuss With Your Surgeon

Consider asking:

- Which technique do you recommend and why?
- How many grafts will be transplanted?
- What results are realistic for my hair type?
- What follow-up care is included?

Glossary of Terms

Graft: A group of hair follicles transplanted together.

Shock Loss: Temporary hair shedding after surgery.

Donor Area: The area from which hair follicles are taken.



HOW HEALTH TOURISM WORKS

Travelling for Surgery - What to Expect

Initial Enquiry and Consultation

Your journey begins with a consultation where you share photos and medical history. A surgeon or clinical team reviews your case, suggests a method, and provides a personalised treatment plan.

Booking and Travel Arrangements

Once the plan is confirmed, you will arrange:

- Flight to your destination city (e.g. Istanbul)
- Transfers from the airport to your hotel and clinic arranged by the treating hospital.
- Accommodation arranged by the treating hospital
- You should plan to stay abroad for approximately 3–4 days to allow pre-operative checks, the procedure, and post-op follow-ups.

Surgery and Local Follow-Up

The hair transplant is performed in an accredited clinic under medical supervision. Aftercare instructions will be provided before discharge. You may have scheduled follow-ups to check healing before returning home.

Return Flight and Aftercare at Home

Most surgeons recommend waiting at least 3 days before flying to reduce swelling and ensure healing has begun. Your clinic should provide remote support and guidance after you return home

Further Information and Support

If you have read this booklet and are considering Hair Transplant, you are encouraged to discuss any remaining questions with your surgeon or a qualified member of the clinical team before making a final decision.

It is important that you feel fully informed about the expected outcomes, potential risks, recovery process and alternative treatment options.

You should not feel pressured to proceed with surgery. Taking time to consider your options carefully is part of making an informed decision.

Consent and Responsibility

Before undergoing [Procedure Name], you will be asked to sign a consent form confirming that:

- You understand the nature of the procedure
- You have had the opportunity to ask questions
- The potential risks and complications have been explained
- You understand that results can vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following in-person assessment.

Important Notes

- All surgical procedures carry some degree of risk.
- No outcome can be guaranteed.
- Recovery times and results vary between individuals.
- Additional treatment or revision surgery may occasionally be required.

If you are travelling for treatment, ensure that you understand the recommended recovery period before returning home and that you have appropriate follow-up arrangements in place.

Contact Information

If you require further clarification before your consultation or treatment, please contact:

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