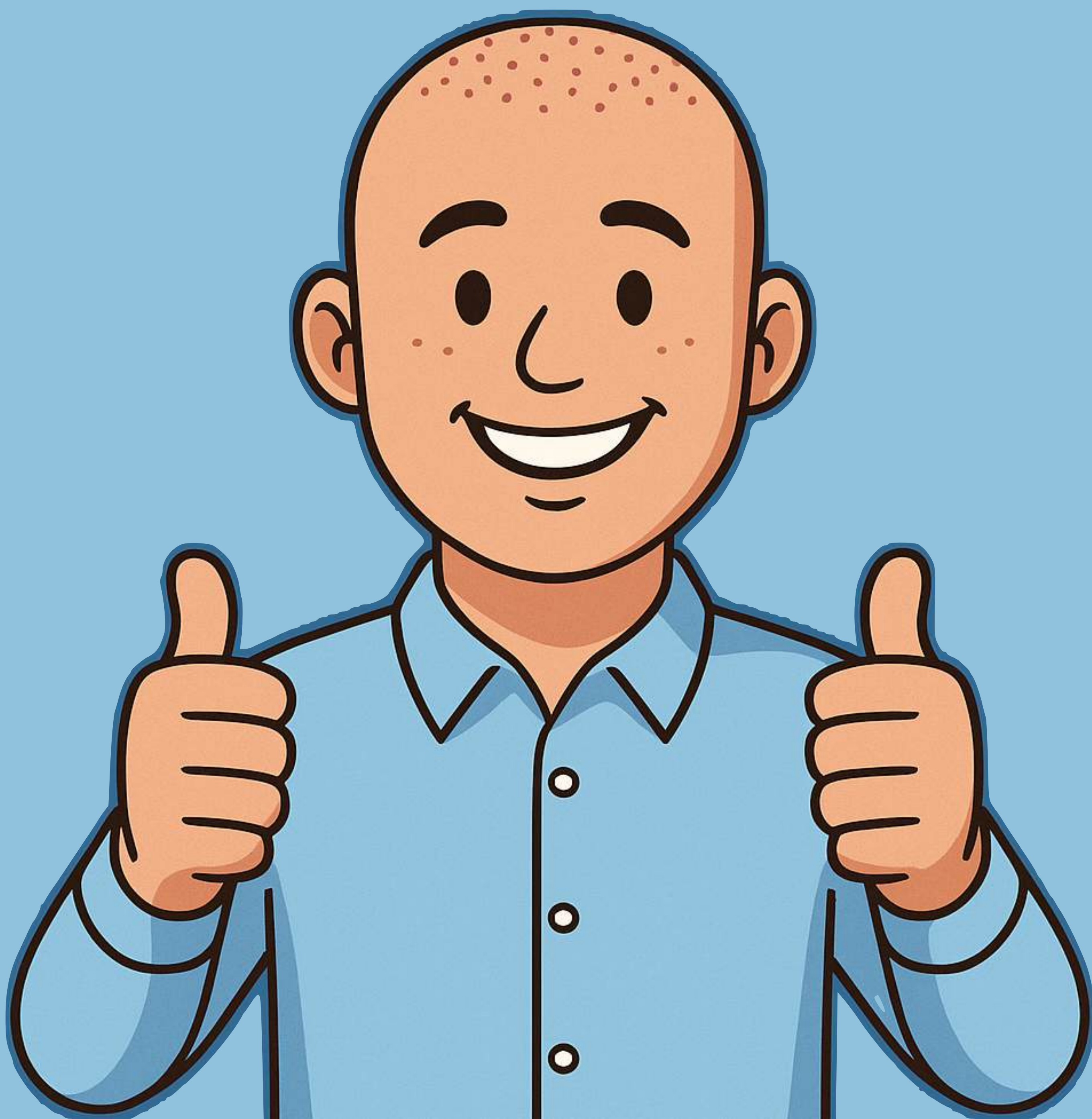




# Post FUE Care Instructions

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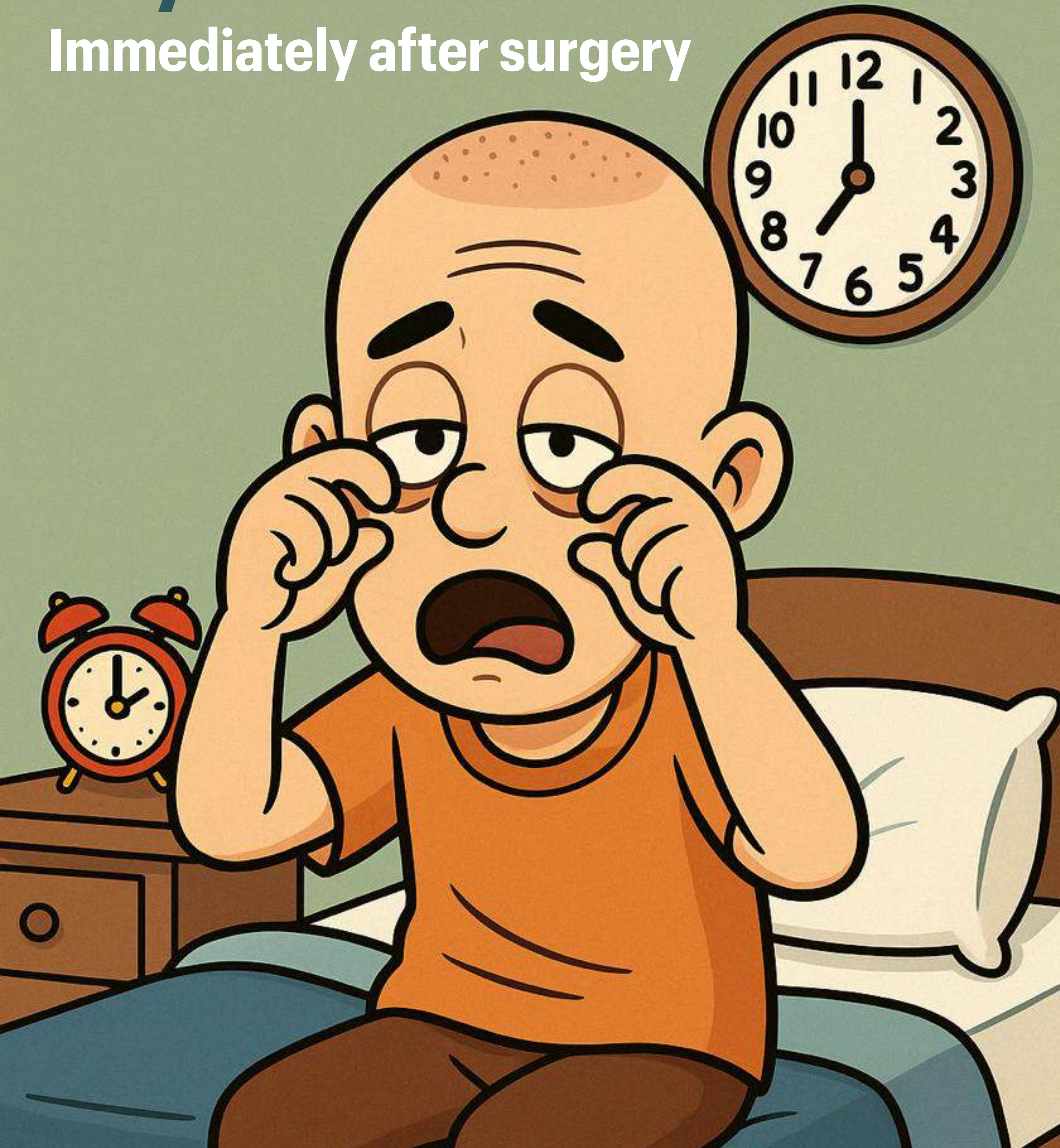
## Simplified Adult Guide





# Day 1

## Immediately after surgery

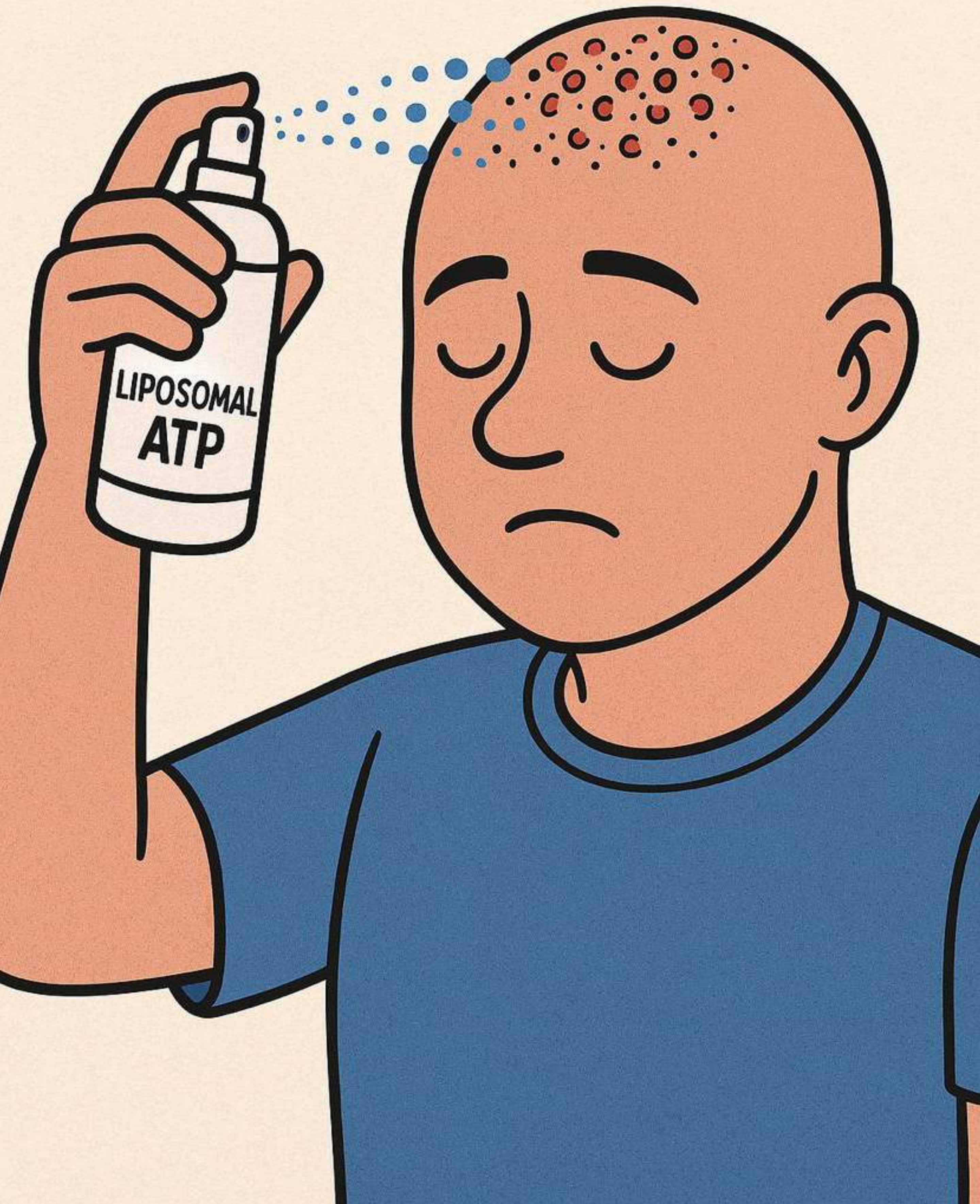


# STAY UP TILL MIDNIGHT

- Do Not Touch Your Scalp.
- Avoid touching your scalp today to protect your new grafts and prevent bleeding.
- Try to stay awake until midnight to give the grafts extra time to secure in place.



# LIPOSOMAL ATP SPRAY



- Liposomal ATP Spray.
- Begin using ATP spray immediately after surgery.
- Gently spray the grafted area every hour while awake.
- Keep this spray refrigerated.



# Day 2



- Gentle Shampooing.
- Wait 48 hours if you done Acell alone or with PRF on your donor area.
- Begin washing your hair carefully with Haircycle Shampoo, once daily starting today.
- Mix the shampoo with water in a cup, then pour it gently over your scalp.
- Rinse your scalp with a cup of clean water.
- Avoid direct strong water pressure on your grafts.
- You can resume normal showering at the 1-week mark.



# Post Surgical Gel



- Apply to the donor area as needed starting after washing scalp.
- Reapply when the gel dries out.



# Day 4



- Switch to Biotin Spray.
- Switch to Biotin spray when the ATP spray runs out.
- Use this hourly while awake to help healing and reduce inflammation.



# Day 4

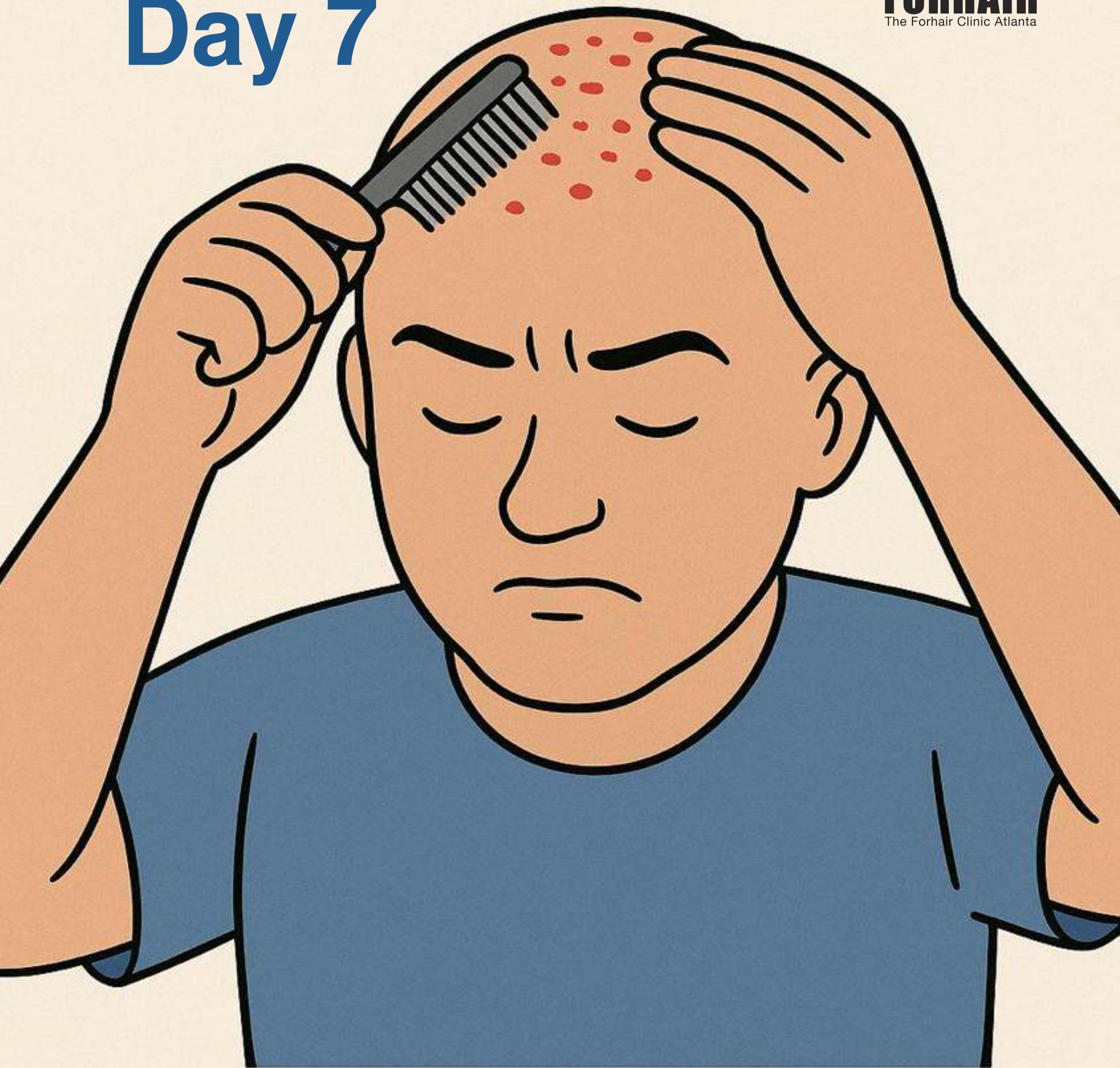


## Elevai Exosomes

Begin applying Elevai exosomes to the recipient area 2-4 times daily. Dispense one pump (about the size of a pea) exosome serum onto your fingertip and very gently tap it into the grafted area.



# Day 7



## REMOVING SCABS

If it bleeds, stop and  
try again tomorrow.

- Carefully begin to remove scabs.
- Use a fine-toothed comb and gently scrape along the scalp parallel to the surface.
- This is best done after a shower while the scabs are moist. Be sure to scrub the scabs well with shampoo in the shower before using the comb. If bleeding occurs, stop and try again the following day.



# Important Reminders



- Physical Activity

You may resume normal workouts and physical activities immediately after surgery.

However, avoid contact sports like football or activities like heading a soccer ball.

The grafts are not securely in place until after the first week.



# Important Reminders



## DO NOT SUNBURN

- Avoid swimming pools for at least 2 weeks.
- The ocean is safe to enter starting 4 days after surgery.
- Sun exposure is okay, but avoid getting a sunburn for at least 3–6 months.
- Sunburn can dry out and damage the grafts.
- If you plan to be outside for a long time, wear a baseball cap or apply sunscreen to the grafted area.



# Important Reminders



## Don't cut your hair for 2 weeks

- Do not get a haircut for 2 weeks post-surgery.
- When drying your hair, use a hairdryer on a cool setting.



# Important Reminders



**For comfortable sleep,  
use a neck pillow.**

For comfortable sleep, consider using a neck pillow to minimize pressure on grafted areas.





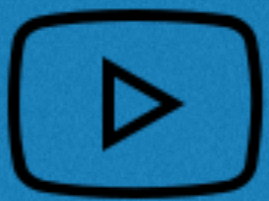
- Questions

If you have any questions or concerns, call the clinic.





**WEBSITE:** [forhair.com](http://forhair.com)



**YouTube:** [@forhair](https://www.youtube.com/@forhair)



**INSTAGRAM:** [forhair.clinic](https://www.instagram.com/forhair.clinic)



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