

Guide: Calm Your Anxiety With Some Tips After The Hair Transplant Surgery

Finally! The hair restoration surgery is done and completed which is why you are ecstatic about the situation, no more hair fall and taunt from others, and you can easily ask the girl out that you have a crush on, with no fear of rejection or humiliation!

But wait now you are worried about how you would face others especially if the matter has been a closed secret? Well here are some tips that might help you go back to work without a sweat.

Note: [hair transplant cost in Ludhiana](#) may vary from people's demands and requirements as per their medical history and causes.



Calm your anxiety with some tips!

It is pretty normal to overthink about the daily activities and how to accomplish them right after the surgery, especially for a [hair transplant in Ludhiana](#). People with desk duty can go to work easily with some precautions taken.

- Wear a bandana for the starting period to protect from the direct sun rays.
- Take your prescribed medicine, also make sure to ask your surgeon about the side effects of other medicines.
- People who just went through hair transplant surgery must sleep in a reclined position rather than straight to stop the gravity do its jobs and harming the surgery.
- Try not to work out excessively, which would help you decrease the pain and swelling.
- Do remember to apply ice on the area above the eyebrow to avoid swelling which might occur on the 3rd or 4th post day.
- Gently massage your hair with the conditioner to get relief from itching.
- Drink lots of water and hydrate yourself post hair transplant surgery.

Final comments

Profile Forte, a hair transplant clinic can guide you in detail about the before and after the procedure for hair transplant. So book your appointment now.

Profile Forte - Hair Transplant in Ludhiana, Punjab

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