

hair sure hair transplant centre

**Address**

4th Floor, Above TVS Showroom, Beside S.R. Nagar Metro Station, S.R. Nagar, Hyderabad

Contact Person**Mobile Number****Email**

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It is important not to sleep flat for the first 48 hours after surgery. This will lead to an excess of swelling and bruising of the scalp. In order to prevent excessive swelling, patients should sleep with their heads elevated at least 45 degrees. Another important precaution is to avoid heavy lifting and high-impact exercise. In addition, patients should refrain from playing contact sports or high-impact exercises. These can cause the healed follicles to become re-opened and lead to infection.

Patients should avoid strenuous exercise for 10 days. These activities can dislodge the hair grafts or cause trauma to the scalp. Light exercise may be resumed four days after the procedure, but it should be limited if bleeding occurs from the scalp. Some doctors may also ask patients to avoid vigorous exercise for longer. However, it is important to stay hydrated as well, and use an alcohol-free shampoo.

<https://www.iviesclinic.com/hair-transplant-hyderabad/>

For more details, please visit <https://www.ibizexpert.com/detail/hair-sure-hair-transplant-centre-greater-hyderabad-354195>
