Travelling for a Hair Transplant? A Short Guide for Companions

İSTANBUL, TURKEY, September 14, 2026 /EINPresswire.com/ -- A hair transplant journey does not begin and end in the operating room. For international patients travelling abroad for a hair transplant in Turkey, a companion can play an important role by helping them remain comfortable, organised and attentive to their aftercare instructions.



Dr. Gökay Bilgin & Dr. Mehmet Erdogan



Smile Hair Clinic has outlined the essential points every companion should know before, during and immediately after a hair transplant.

Before the Procedure
Preparation should begin before the patient arrives at the clinic. Companions can help by checking that the patient has followed the medical team's instructions, disclosed existing conditions, allergies and medications, and packed comfortable clothing that opens at the front, such as a button-up or zip-up shirt.

Alcohol, smoking, certain medications and hair-styling products may need to be avoided before the procedure. These arrangements must always follow the patient's individual medical instructions.

On the Operation Day
A hair transplant may take approximately six to eight hours. Patients are generally advised to have breakfast beforehand unless their medical team provides different instructions.

During the clinic visit, the patient goes through medical checks, photography, consultation, hairline planning and preparation before the procedure begins. The companion's most valuable contribution is to remain reachable, manage personal belongings and help create a calm environment without interrupting the clinical process.

When researching the best hair transplant clinic in Turkey, patients and their companions should consider medical supervision, international accreditation, transparent planning, patient safety and continuity of care—not price alone.

The First Hours After the Procedure
Once the procedure is complete, the priority is protecting the newly implanted grafts. The companion should help the patient avoid touching or bumping the treated area and support them when entering vehicles, passing through doorways or arranging their sleeping space.

The patient may feel tired after a long procedure. A quiet return to the hotel, easy access to prescribed medication and a properly prepared resting area can make the first evening more comfortable.

Supporting a Safe Recovery
For the first nights, patients may be instructed to sleep on their back with their head elevated and use a neck pillow to reduce swelling and protect the transplanted area.

Companions can also help by:
• Keeping medication and aftercare instructions organised
• Reminding the patient not to touch or scratch the recipient area
• Helping prevent accidental contact with pillows, clothing or vehicle interiors
• Ensuring the patient avoids strenuous activity
• Monitoring unusual symptoms and contacting the clinic when necessary
• Accompanying the patient to the next-day control, dressing change or first wash

Temporary redness, scabbing, itching and swelling may occur during the early recovery period. The transplanted area generally requires particular care for the first 10–14 days. Detailed hair transplant aftercare guidance can help patients and companions understand common recovery stages; however, personalised instructions from the medical team should always take priority.

Support, Not Supervision
A companion does not need medical expertise. Their role is to reduce practical stress, protect the patient's rest and help them follow the guidance provided by their healthcare team.

In a treatment journey that continues well beyond the operation day, simple support can make the early recovery period feel safer, calmer and more manageable.

About Smile Hair Clinic
Founded in Istanbul in 2018 by medical doctors Dr. Mehmet Erdoğan and Dr. Gökay Bilgin, Smile Hair Clinic provides physician-led hair transplantation services for international patients. The clinic performs Sapphire FUE and DHI procedures under surgeon supervision and supports patients throughout consultation, treatment and aftercare.

Smile Hair Clinic is accredited by TEMOS International Healthcare Accreditation and has received its highest distinction, the A-Rated Certification, becoming the first and only hair transplant clinic in the world to achieve this rating.

The clinic's approach is guided by its True™ Philosophy, bringing together detailed planning, personalised hairline design, careful execution and continued innovation. Smile Hair Clinic also provides multilingual patient assistance and structured follow-up support for patients returning home after their treatment.

Berk Elmas
Smile Hair Clinic
+90 549 149 24 00
email us here
Visit us on social media:
Instagram
Facebook
YouTube
TikTok
X

This press release can be viewed online at: https://www.einpresswire.com/article/941444270

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.
© 1995-2026 Newsmatics Inc. All Right Reserved.