

Supplements To Promote Hair Growth After Hair Transplant

After the hair loss, hair transplantation is treated as best and the only solution to eliminate hair problem permanently. In cases when a male or female is facing problems due to hair loss he should immediately go for [Hair Clinic in Ahmedabad](#). When hair transplantation is considered by hair loss patient it is obvious that the results will be satisfactory.



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**HAIR LOSS
TREATMENT**

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The advertisement features a man with dark hair and a beard, looking into a circular mirror. The background is a mix of brown and purple tones. The text is prominently displayed in white and orange colors.

When hair transplant is selected as an option for hair loss at early stages of baldness or hair loss the results of the surgery are more satisfactory. Though a doctor always analysis the condition before performing the actual surgery and he may suggest the exact stage when hair transplantation can be done but after the surgery you are 100 % sure of getting the hairs that are exactly like your original hairs.

As the transplanted hairs are exactly like the original hairs they need exactly same care like that of hairs you have. It is very necessary to take proper care of hairs and this care starts immediately after the hair transplantation surgery because this is the phase that requires time for recovery. It is this duration in which your transplanted hair will receive full growth. To recover in

this phase a hair expert suggests various measures. You must follow them to recover fast and to make sure that you do not lose the transplanted hair like that you lost before.

Post operative supplements and food intakes:

1. Take zinc and iron – Iron helps in delivering oxygen to your scalp that speeds up hair growth after hair transplantation. Includes proper zinc and iron in your daily diet because this fastens hair growth.
2. Include protein – Hair actually grows with keratin which is actually a type of protein and thus protein intake helps in fast healing and also contributes directly to easy and fast growth of hairs and if protein is lacking in your diet you may see rapid hair loss immediately after the hair transplant.
3. Drink water – You must drink at least 2 3 liter of water a day so that all toxins can be washed out from body and you may continue to see good hair growth further because this toxins can act as a hindrance to your hair growth.
4. Take proper vitamin supplement – All types of vitamin contributes to hair growth. Thus you should take vitamin A, B, C, E and H. You may also take vitamin supplements if required.
5. Omega – Omega supplements also contributes to hair growth. Amino acids in these tablets help fast growth of hairs.

In all a hair transplant patient must take a balance diet with all nutrition so that it could help in easy growth of hairs. For this you may consult your hair expert at [Best Hair transplant in Ahmedabad](#) . When you intake a diet which contains all healthy food you will soon get hairs that you always wish to have. For treatment & Queries Whatsapp/Call Using Code CFA to 9522222735