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# HAIR TRANSPLANT

# DIET



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# THE MOST IMPORTANT VITAMINS AND MINERALS AFTER A HAIR TRANSPLANT!



## Biotin (Vitamin B7)

Helps with hair loss and promotes healthy skin

- **Fish, meat, seeds, nuts**



## Protein

Hair follicles are basically made of protein

- **Found in; eggs, cheese, pulses, yogurt, and lean meat**



## Vitamin E

Plays a role in healing the damaged tissue

- **Almonds, avocados, spinach, sunflower seeds, and olive oil**



## Potassium

Helps to nourish the scalp and reduce inflammation

- **Sweet potatoes, white beans, spinach, salmon, and avocados**



## Zinc

Involves in protein synthesis for hair growth

- **Lamb, chickpeas, shrimp, spinach, and seeds**







# A WEEK OF MAIN MEALS AFTER A HAIR TRANSPLANT

MON

Lemon Herb Baked  
Chicken and Quinoa



TUES

Vegetarian Chickpea  
Curry



WEDS

Lentil and Sweet Potato  
Stew



THUR

Lentil and Sweet Potato  
Stew



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FRI

Shrimp Stir-Fry



SAT

Baked Tofu with  
Roasted Vegetables



SUN

Beef and Vegetable  
Stir-Fry



# DID YOU KNOW?

Did you know that eating an apple a day might keep the hair loss away? Annurca apple found in Italy has specific polyphenols that boost your healthy hair production.

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# SMOOTHIE RECIPE

Annurca apple is not necessary though, a regular apple has many benefits for your body and hair. Here is a sweet smoothie recipe.

1 Wash and chop 2 apples (skin on for fiber).

2 Blend apples, 1/2 cup yogurt, 1/2 cup unsweetened almond milk, and 1/2 tsp cinnamon.

3 Add ice for thickness (optional).

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4 Taste and adjust sweetness with honey (optional).

5 Blend until smooth.

6 Pour into a glass and enjoy as a healthy post-transplant snack.



# SMOOTHIE RECIPE - 2

If you do not have enough zinc, which is essential for hair growth, here is a sweet recipe rich in zinc after a hair transplant.

Combine in a blender: 1 cup fresh blackberries, 1/2 avocado, 1 tbsp almond butter, 1/4 cup unsweetened almond milk, and 1 cup ice.

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Blend until the mixture is smooth and achieves a thick consistency, suitable for eating with a spoon.



Pour the blended mixture into a bowl.

Top your smoothie bowl with 1 tsp chia seeds, 1 tsp cacao nibs, 1/4 tsp hemp seeds, and a handful of fresh blackberries.

Enjoy your superfood blackberry avocado smoothie bowl as a delicious and nutritious meal!





Drink approximately half a gallon of water every day, for a healthy, thick, voluminous head of hair. We wish you a healthy and fast recovery!

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