Can I wear hard hat , helmet after my FUE procedure?

After Hair Transplant · https://gethair.co.uk/faqs/hard-hat-helmet-after-hair-transplant/

We will provide you a plain, black hat in loose shape. You can wear that one.

Please do not wear anything else as there would be risk of contact with the recipient region which may damage the hair follicles implanted, during the first 10 days.

If you work in construction, work as motorcycle courier or work in an another job which requires you to wear a hard hat or helmet we STRONGLY suggest you to take 14 days off work.