
Subject: My Hair Transplant Journey with Hermest Clinic (DHI, 3200 Grafts)

Posted by [HowHao](#) on Wed, 08 Oct 2025 11:25:22 GMT

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Hello everyone,

my name is Hao. I'm from China, and I came to Germany a few years ago to study, first the language course, then a Master's degree, and I'm currently doing my PhD.

I have been struggling with my hair loss for about five years. Personally, I think it started after I began fitness training and going to the gym regularly. My hair gradually became thinner, which made me feel really frustrated and sometimes insecure. I had already decided quite early that I wanted to get a hair transplant, but it took me a long time to finally make the decision.

Over almost a year, I did a lot of research and wanted to avoid so-called "hair transplant factories." Eventually, I contacted Hermest Clinic, and after some detailed discussions, they gave me an offer with a small discount. That made me confident enough to go ahead.

The Hotel arranged by the clinic was an older five-star hotel which is clean, quiet, and comfortable, with a nice breakfast. There was also a daily shuttle between the hotel and the clinic, which made everything very convenient.

Regarding the surgery: I won't lie — the anesthesia injections were very painful, probably the most painful part of the whole process. But after about ten minutes, everything became fine, and I was fully awake during the procedure. I had the DHI technique with a total of 3200 grafts transplanted.

Overall, the team was professional and careful, and the process went smoothly. I'm attaching some photos below (please view them with discretion, as they might be a bit uncomfortable for some people).

I am willing to keep updating regularly with my recovery progress and new pictures every month.

Thank you for reading, feel free to ask me anything about my experience.

File Attachments

1) [1c88f52143b475f176e9732e4ad3fae0.jpg](#), downloaded 153 times



2) [55b4abc2e5317eca3aba688510101d28.jpg](#), downloaded 136 times



3) [a3c292510298c80b39c22c00c1d93b0f.jpg](#), downloaded 139 times



Subject: Aw: My Hair Transplant Journey with Hermest Clinic (DHI, 3200 Grafts)

Posted by [HowHao](#) on Thu, 06 Nov 2025 11:33:54 GMT

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Ich wollte mal ein kleines Update dalassen. Bin jetzt ca. 1 Monat nach der Haartransplantation. Die Haare im Transplantationsbereich fangen langsam an auszufallen, aber ich sehe auch schon so ganz mini neue Härchen – also scheint was zu passieren.

Ich habe allerdings auch ein paar kleine entzündete Pickelchen bekommen (Follikulitis). Nervt ein bisschen, aber sieht nicht schlimm aus. Die Klinik meinte, einfach alle zwei Tage waschen und regelmäßig sanft massieren, dann sollte es nach und nach besser werden. Mal schauen, wie es in einem Monat aussieht.

Im Donor-Bereich habe ich zwei Stellen heißt Shock Loss, wo irgendwie noch gar nichts nachgewachsen ist, aber an anderen Stellen kommen kleine Haare schon durch. Ich hoffe, dass sich das alles noch angleicht und man am Ende nix mehr sieht.

Was ich echt nochmal loben muss: Ich hatte damals kein Aufgabegepäck, deshalb konnte ich das Pflegeset, das ich in der Klinik gekauft habe, nicht mitnehmen. Die haben mir das dann aber sogar nach Deutschland geschickt und sich um den Zoll usw. gekümmert. Richtig nett von denen. Also Service echt top – sie haben sich wirklich Mühe gegeben.

Ich gebe wieder ein Update, wenn 2 Monate rum sind.

File Attachments

1) [1a76a20c-e877-4d67-a6ff-c2f8db3498a0.jpg](#), downloaded 43 times



2) [1919ab94-409f-47e6-8e70-b693cab5c540.jpg](#), downloaded 35 times



3) [f909a6c8-382d-4c3d-a7a5-9bf39ea93951.jpg](#), downloaded 41 times

