

Odin on getting a hair transplant in Turkey

18 September 2026 · About 26 min · With Odin Jean Aadland

Odin went to Turkey and came home with 4,300 new hair follicles. He describes the whole trip – how little he researched beforehand, how the procedure actually went, what it cost, what hurt, and why he thinks it was worth it. An honest conversation about something many men think about and few discuss.

MAIN TOPICS

- Where the idea came from, and what it rested on
- What he did not check before booking
- The expectations, and what actually met him
- The day at the clinic, step by step
- The procedure in numbers
- The pain – and where it actually sat
- The rules for the first days
- The timeline to the result
- The aftercare
- What it cost, all in
- The reactions back home
- What the conversation is really about

QUESTIONS THIS EPISODE ANSWERS

- How does a hair transplant in Turkey work?
- How long does the procedure take?
- How much does it hurt?
- What does it cost, all in?
- What rules apply in the first days afterwards?
- How long before you see the result?
- What aftercare do you get?
- How do people around you react?
- What should you check before booking?

KEY POINTS

- Odin booked without checking what it would have cost in Norway, or what he should have done beforehand. He is open about that throughout.
- The procedure took between six and eight hours, split into sessions of an hour and a half to two hours.
- 4,300 follicles were taken out, sorted on a table and put back one at a time.

- The worst part was not the operation but the anaesthetic injections in the back of the head.
- The price was 2,400 euros for accommodation, transport, medication and the procedure – around 35,000 kroner including flights.
- The rules afterwards are strict: no alcohol, no training, no bathing, and sleeping sitting up for a week.
- The new hair falls out first, and starts growing back after about a month.
- The first result comes after four months. The final one after eighteen.
- He had braced himself for people staring. They barely did.
- The conversation ends where it really began: that this is as much about how you feel about yourself.

This is general information, not individual health advice.

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