

PRE OPERATIVE INSTRUCTIONS

Dear Patient,

The pre operative preparation for hair transplantation, plays an essential role in ensuring a smooth process. Your collaboration in following the below instructions is essential.

In order for us to offer you the highest quality of medical care, the following instructions must be followed:

- 1 Do not take aspirin or any anti-inflammatory medications 7-14 days prior to your procedure. If you are following a treatment which may cause anti-coagulation action, inform our doctor prior the surgery.
- 2 Do not take any blood thinners such as heparin for at least two weeks prior surgery. **Please let us know if you are currently taking any of these medications.**
- 3 Avoid alcohol at least 3 days prior to your surgery. In addition, do not drink coffee or any other caffeinated beverages the day of your procedure. These substances will increase bleeding and your sensitivity to medications used during the procedure.
- 4 Avoid smoking any tobacco products at least 24 hours prior to your procedure as smoking will slow down healing and increase the chances of wound infection and scarring. Also avoid antidepressants 24 hours before the surgery.
- 5 Do not take any multivitamins including vitamin B and vitamin E for one week prior to the procedure, as these will lead to excess bleeding. In addition, avoid any herbal products one week prior to your procedure.
- 6 The morning of your procedure take a bath or shower and wash your hair thoroughly using regular shampoo. Do not apply styling sprays or gels to your hair. If you are using a hair system, please make sure it is removed prior to your shower.
- 7 Be certain to eat breakfast the morning of your procedure. If you are scheduled for surgery in the afternoon have a light lunch before you arrive.
- 8 You may receive medication that can cause sleepiness. We therefore strongly recommend that you do not drive home after the procedure.
- 9 Wear comfortable clothes during the procedure. Room temperature during surgery is low to avoid any bacterial infection.