



### Hair Transplant Pre-Operative Instructions

<b>To ensure that your surgery day goes smoothly, we ask that you read the following:</b>	
1. Preparation	<ul style="list-style-type: none"> <li>○ Wash your hair the night before or the morning of your surgery.</li> <li>○ Please do not add hair gels, hair products, or any oils to your hair.</li> </ul>
2. Breakfast	<ul style="list-style-type: none"> <li>○ Eat a meal prior to your arrival.</li> </ul>
3. Transportation	<ul style="list-style-type: none"> <li>○ Please arrive at the Surgery Center <b>15 minutes prior to your appointment time.</b></li> <li>○ We recommend organizing transportation home, this allows us to give medications to keep you relaxed during your procedure.</li> </ul>
4. Clothing	<ul style="list-style-type: none"> <li>○ Wear a shirt that has buttons or zips down in the front.</li> <li>○ Do not wear a shirt that fits tightly or must be pulled up over the head, as this may disrupt grafts.</li> <li>○ You may bring a zip-up sweatshirt or jacket to wear before and after surgery.</li> </ul>
5. Lunch	<ul style="list-style-type: none"> <li>○ We provide lunch and snacks; however, you can bring your own if you prefer.</li> </ul>
6. Entertainment	<ul style="list-style-type: none"> <li>○ For your entertainment, we offer Music, Netflix and Amazon Prime to watch during your procedure.</li> </ul>
<b>Please refrain from taking the following medications or vitamins prior to your surgery:</b>	
Aspirin, aspirin containing products	1 week prior <i>*Do not discontinue if instructed to take it by your primary care physician. Please consult our providers first.</i>
NSAIDS (Ibuprofen, Excedrin)	1 week prior
Vitamin E, multivitamins	1 week prior
Ginko biloba or other herbal supplements	1 week prior (no more than 400 IU's daily)
Viagra/Cialis	1 day prior

**Please refrain from the following prior to surgery:**

Alcohol consumption	5 days prior
Smoking cigarettes or marijuana	1 day prior
Caffeine consumption	1 day prior <i>-If you experience withdrawal headaches, one small cup is allowed.</i>
Strenuous exercise or weightlifting	1 day prior

**MDEE patients:**

Your suture removal appointment will be scheduled for **8 days** after surgery.

**Payment in the form of:**

MasterCard, Visa, American Express, Discover, Cashier's Check, Cash, or **financing:**  
*CareCredit, Alpaeon, Lending Club & Allegro*  
is due 14 days prior to the date of your surgery.

If any questions arise, or if you are unable to keep your scheduled surgery appointment,  
**PLEASE NOTIFY YOUR PATIENT CONSULTANT ASAP.**