

Pre-Operative Instructions for Hair Transplantation

One week before surgery:

- Do NOT take any aspirin or any drugs containing aspirin (May us Tylenol)
- Do NOT drink any alcohol (wine, beer, liquors – cold medicines)
- Discontinue Ibuprofen and Naproxen (Advil, Motrin, etc.)
- Contact office of prescription medications that you are currently taking
- I recommend taking **Vitamin C**, 2000mg per day beginning 1 week prior to surgery. This promotes healing

Day before surgery:

- Please drink one quart (1 – liter) of fluids the day before surgery
- Shampoo/rinse hair well with any shampoo either the night before or the day of surgery (If you have long hair, please use cream rinse).
- Try to get at least eight hours of sleep

Day of Surgery:

- Please make sure that you have a moderate breakfast
- Please arrive at the surgery center at your scheduled surgery time. Surgery averages 5-6 hours, based on the size of the procedure and the patient's metabolism
- Shampoo your hair well with any shampoo
- **Do not wear any clothing that needs to be pulled over your head to be removed. Wear a button or zip down shirt**
- Due to the drugs administered during the procedure you will not be able to drive after the surgery. So please make arrangements for someone to drive you before and after the procedure

Additional Instructions:

- You should let your hair grow to a length of 2 ½ to 3 inches in the back and on the sides of your head, this is not important for follicular unit transfer.
- Shampoo recommended: shampoos and conditioners under labels such as Redken, Neutrogena and Nexxus.
- Permanents and/or hair coloring may be done up to 3 days before surgery
- After surgery, it should not be done until all of the crusts have fallen off – generally within 2 to 3 weeks
- Light hair sprays, gels and mousses may be used when you begin shampooing your hair but preferably as little as possible for the first week and must be washed out daily. Use nonalcohol based products; NO products on transplanted hair.
- An appointment for suture removal will be made for approximately 10-14 days after surgery (not for follicular unit transfer).
- Occasionally it is necessary for the patient to wear a head wrap. This should be removed the following morning and immediately shampooed
- No smoking 4 weeks prior and after surgery