



## **Pre-Operative Instructions for Follicular Unit Hair Transplants**

The following instructions are provided to aid us in making your surgery as pleasant as possible. Please read them carefully and call if you have any questions.

Allow your hair to grow **1 inch long** (if you are doing the traditional strip method or non shaved FUE) on the sides and the back if you want adequate coverage of donor area.

### **Certain drugs and herbs will cause the blood to thin, please note:**

#### **• 7 days prior to the procedure:**

- Stop taking all aspirin, aspirin products and vitamin E supplements. A multi-vitamin is ok to use. If you are taking any of these products on the advice of another physician, check with that physician before stopping any product. Please see the attached list for some of these products. You may take Tylenol/acetaminophen if needed for pain.
- If taking Plavix you must stop one week prior to your procedure.

- **3 days prior to the procedure:** Stop any prescription blood thinners if authorized by your prescribing physician. Blood thinners include Warfarin, Coumadin, Miradon, Heparin and Enocaprin.

- **2 days prior to the procedure:** Avoid all alcohol consumption.

- **If you are taking any antidepressant in the MAOI family (Monoamine Oxidase Inhibitors) you must alert our office to discuss the possible interactions with the medications we use during surgery.**

### **Day of the procedure:**

- Eat a light breakfast the morning of your procedure. We will provide your lunch.
- Bring an adjustable baseball cap or loose fitting hat to wear home from the office.
- Wear comfortable clothing and a shirt that buttons down the front, so you are not pulling anything over your head after the procedure.
- You can bring a book, CD's or a DVD. We have cable TV and a selection of DVD's.
- Please do not bring valuables to the office.
- Shampoo your hair the morning of the procedure to remove all oil and hair products. Do not apply anything to the hair or scalp after shampooing. This includes medications such as Rogaine.



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Local anesthetic will be used to avoid discomfort during the procedure. You will also receive a sedative; this means that **you may not drive for 8 hours after sedation**. Please arrange for someone to pick you up and drive you home after the transplant. Have your ride call the office at 1:30 p.m. to discuss the time at which you will be ready to leave the office. Please have them come directly to our suite when picking you up.

If you are traveling more than 100 miles outside the Denver area, please contact our office to find out about our travel program. We ask that you stay the night **before** the transplant and the night **of** the procedure, as you will be required to return for a post-operative appointment the day after the surgery.

**If you need to catch a flight** on the day after your surgery, PLEASE DO NOT SCHEDULE YOUR FLIGHT BEFORE 1:00 p.m. Give yourself plenty of time to get to your appointments, flights, etc. We do not want to rush your clean-up! We will do our best to accommodate your schedule.

Your post-operative appointment is recommended to allow us to assess the grafts and incision site. We will also wash your hair and discuss long-term instructions. This appointment will take approximately 30-45 minutes and will be scheduled on the day after the transplant.

**PAYMENT FOR SURGERY IS DUE AT THE TIME OF YOUR APPOINTMENT.** We accept cash, MC/VIS/DISCOVER, or cashier's check.

**CANCELLATION POLICY:** Should it become necessary to cancel a surgery, we would like to know as far in advance as possible. Your security deposit is non-refundable 14 (fourteen) calendar days prior to your surgery.



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### THINGS YOU WILL WANT TO PREPARE FOR:

- Grafts will usually heal and the crust will fall off within 4-10 days following the procedure. Some patients have a tendency for some redness of the skin for 10-12 days following surgery. In severe cases, we have seen redness last for up to 6 months (after the hair is growing out). Please be prepared in case this occurs. Tanning the skin or using some make-up may be used to hide the redness.
- Swelling may occur even though instructions are precisely followed. Some people have softer skin and the swelling may be extensive. Please be prepared to deal with swelling. Keep the foam tape that is placed during surgery on your forehead for three days, placing ice often to forehead, massaging swollen areas, limiting activities, etc. If swelling is severe, it may remain for up to one week following the procedure.
- If grafts are placed into areas that have existing hair, you may experience temporary hair loss in that area. In the majority of patients, this loss is not significant; however, in a few cases it can be quite severe. It usually does not occur for 5-6 weeks after the surgery and the lost hair grows back with the transplanted hair about 2-3 months later. **Use Rogaine prior to and after the surgery to decrease the hair loss (if not allergic to Rogaine).** This will be discussed prior to your surgery.
- Numbness is normal with any incision. Therefore, you may experience numbness along the incision on the back of your head. Although this usually fades within 2-4 months, some patients experience numbness that can last up to 6 months.
- Hair growth usually occurs along a bell-shaped curve with early growth occurring around the 2nd month. The majority of the growth usually occurs in the 5th to 8th month with another smaller amount of new growth showing up in the 8th to 10th month. Although this is the norm, there are patients who experience all of their growth early, 2nd to 5th month; and conversely there are patients who experience delayed growth up to one year later. We will be monitoring your growth with return appointments.