

# **HAIR TRANSPLANTATION**

## **PRE-OPERATIVE INSTRUCTIONS**

**—MASSAGING YOUR SCALP HELPS TO INCREASE LAXITY**

Ideally, start massaging your scalp in the prospective donor area for one hour per day—by massaging 5-10 minutes, rest for 5-10 minutes, massage 5-10 minutes, etc. Massage by firmly pressing on your scalp against the underlying bone with the flat of your fingers, as hard as comfort allows and try to move the skin over the bone as much as you can. Gradually massage the entire hair-bearing rim from ear-to-ear. **The longer you massage, the more lax your scalp will become and the more grafts we will be able to get for you.**

**—NOTIFY US ABOUT YOUR MEDICATIONS**

At least 3 weeks before your surgery date, you must inform our office if you are using any prescription medications and/or over-the-counter medications. Some may have to be discontinued or an alternate drug may have to be substituted.

**—DRUGS AND HERBS TO AVOID**

SEE the attached list of conventional medicines and herbs, minerals, and supplements that may cause bleeding.

**—STOP TAKING VITAMIN E and FISH OIL**

**—OPTIONAL HOMEOPATHIC REGIMEN – please see attached sheet.**

**—MAKE ARRANGEMENTS TO BE ON TIME**

If you live out of town, make arrangements to stay overnight in a hotel near our office, as traffic and/or weather could delay your arrival at our office. If you arrive late, your appointment may have to be postponed. The day after surgery, do not book flights before 12:00 noon.

**—STOP DRINKING ALCOHOL**

DO NOT drink any alcohol – INCLUDING wine, beer, or liquors. Even one drink can cause increased bleeding.

**—STOP USING ANY NON-APPROVED DRUGS**

These may interact with medications administered during surgery or increase bleeding.

**—STOP TAKING ASPIRIN (ACETASALICYLIC ACID)**

DO NOT take any ASPIRIN (ASA) or any drugs containing Aspirin. (Read the label of over-the-counter cold remedies to make sure they don't contain Aspirin or acetosalicylic acid.) You may use **Tylenol**.

**—STOP USING IBUPROFEN & NAPROXEN**

Ibuprofen and Naproxen should be discontinued. Trade names of products containing these medications can be found on the attached sheet.

**—GET SUFFICIENT SLEEP**

Get a full night's sleep.

**—SHAMPOO YOUR HAIR**

Shampoo and rinse your hair well with any shampoo. If you have long hair, please use a cream rinse.

**—EXERCISE**

Please **do not** exercise the night before or morning of surgery

**—COLOGNE, AFTER SHAVE AND PERFUME**

Please **do not wear any of the above as some of the surgical staff suffer from allergies.**

**—TAKE YOUR ANTIBIOTICS**

Take the first dosage of antibiotics 1 hour before the scheduled time of your surgery – unless otherwise directed by our office.

**—SHAMPOO YOUR HAIR**

Shampoo your hair well with any shampoo.

**—EATING**

Please make sure that you have a full meal before surgery.

**EXCEPTION: Patients having intravenous sedation by the anesthesiologist are not to eat anything after midnight the night before surgery. A small amount of clear liquids is permitted when you wake up on the morning of surgery.**

**—WHAT TO WEAR**

On day of surgery, do not wear any clothing that must be pulled over your head to be removed. Wear shirts/sweaters/jackets with buttons or zippers that open completely—it could be a hooded sweater or jacket to cover the bandage. We suggest that women patients bring a scarf to cover the bandage. The same scarf may be used the next day after bandage removal and hair washing.

**—NOTIFY US ABOUT ANTIBIOTIC ALLERGIES**

If you are allergic to Erythromycin or Eryc (Polymer-Coated Erythromycin), Cefadroxil or Penicillin, confirm with our office that you have notified us of the allergy and you will receive a different antibiotic.

**—DO NOT TAKE M.A.O. INHIBITORS**

DO not take any M.A.O. inhibitor, including Parnate, Marplan, or Niamid.

**—ANTICOAGULANTS**

If you are taking any anticoagulants, be sure to discuss with your surgeon **at least 3 weeks prior to surgery**. We may require changes.

**—IF YOU ARE TAKING PLAVIX**

Discontinue it after checking with the doctor who prescribed it. Notify us if you can't stop it **FOR AT LEAST 5 DAYS BEFORE SURGERY.**

**—ARRANGEMENTS FOR ACCOMMODATIONS**

If you live outside the area, please make arrangements to stay for two nights – **the evening before** your surgery and **the evening of** your surgery. You will return to our office the morning after surgery for hair washing and a check-up of the donor and recipient areas. Please do not plan on departing before 12:00 noon the day after surgery.

**—MAKE ARRANGEMENTS TO BE PICKED UP**

The drugs administered during the procedure will significantly impair your driving ability; consequently, you will not be able to drive after your surgery. Ideally, you should plan to take a taxi or arrange to have someone pick you up and remain with you overnight.

#### **—HAIR LENGTH, PERMS AND COLOURING**

You should let your hair grow to a length of 2 to 3 inches in the back and on the sides of your head (this allows for easy coverage of donor areas after surgery). Permanents and/or hair colouring may be done up to two days before surgery. After surgery, it should not be done until all of the crusts have fallen off, generally, within 7 to 10 days.

#### **—HAIR CARE PRODUCTS**

Use gentle shampoos and conditioners. Light hair sprays, gels, and mousses may be used when you begin shampooing your hair, (the 2<sup>nd</sup> morning after surgery) but preferably as little as possible for the first week and they must be washed off daily. Any hair spray that has a non-alcohol base may be used.

#### **—CAMOUFLAGE**

If you have an important meeting or function you must attend, following your surgery, you can camouflage the recipient area grafts for a few hours by using any oil-free, water-based, make-up foundation available from any large department store or pharmacy. Whichever cover-up method you use, shampoo and remove it as soon as possible after the function.

#### **—FAVORITE MUSIC**

Our operating rooms are equipped with stereo equipment so please feel free to bring the kind of music you would like to listen to.

#### **—MINOXIDIL**

We recommend a twice-daily application of 3% Minoxidil (Rogaine) to the recipient area **for one week before surgery**. Theoretically, this might decrease the frequency and/or severity of any temporary hair loss caused by surgery in hair-bearing recipient areas. See instruction sheet inside your package.

### **3 WEEKS BEFORE SURGERY**

### **10 DAYS BEFORE SURGERY**

### **1 DAY BEFORE SURGERY**

### **THE NIGHT BEFORE SURGERY**

### **THE DAY OF SURGERY**

### **OTHER IMPORTANT INSTRUCTIONS**

### **FOR YOUR COMFORT**

### **4 WEEKS BEFORE SURGERY**