



## Pre-Operative Hair Transplant Instructions

- ▶ Please take Vitamin K twice a day one week prior to your scheduled surgery. This can be found at your local GNC store.
- ▶ Do Not take aspirin, anti-inflammatory medications, Vitamin E, garlic tablets or anything else that thins the blood 14 days before surgery. Many over the counter medications like Advil, Alka-Seltzer, Bufferin, Excedrin, Empirin, should also be avoided. If you are not sure call our office. As little as one aspirin can thin the blood for 2 weeks.
- ▶ We recommend you start taking 2000mg of Vitamin C daily for 2 weeks prior to your surgery.
- ▶ Do not drink alcohol for 10 days prior to surgery. Alcohol can also thin the blood and cause the procedure to be more difficult.
- ▶ Wash your hair the morning of surgery. Do not use hair spray the morning of surgery.
- ▶ Do not cut the hair short on the back of the head before surgery. This will make it more difficult to hide the suture line. This hair should be about one inch in length.
- ▶ Drink plenty of fluids and eat a normal meal the night before and morning of surgery.
- ▶ Wear comfortable loose pants and a button-down shirt the day of surgery. Do not wear a tee-shirt, as this is difficult to pull over the head after surgery.
- ▶ Bring a baseball type hat to wear after surgery.
- ▶ You will be given a sedative to help you relax through the surgery. It is therefore recommended that you have someone drive you home after the surgery.
- ▶ Travel Plans: If you are from out of town please make your plane, hotel, and car reservations early in order to receive the best rates. If you need help with reservations we will be happy to assist you.
- ▶ IF YOU LIVE OUT OF TOWN IT IS NOT RECOMMENDED THAT YOU FLY HOME OR DRIVE LONG DISTANCES IMMEDIATELY AFTER SURGERY. It is suggested that you spend the night and return home in the morning.