

## PRE OPERATIVE INSTRUCTIONS HAIR TRANSPLANT PROCEDURE

1. You should have good breakfast in the morning of the surgery date (Avoid Coffee & tea).
2. Follow you doctor's order regarding taking any medicines.
3. Stop Smoking, shisha and midwakh and alcohol 10 day before.
4. Notify doctor if you have any changes in your physical condition such as cold, fever, flu etc.
5. If there is any chance you are pregnant, please inform us.
6. If you have mostly white hairs then please dye/color your hair with black 1-2 days prior to surgery.
7. Medication should be stopped prior to surgery:
  - All kind of Blood thinner medicines: such as Aspirin. But if you are suspicious about any medicine you are using, whether it is blood thinner or not please inform us.
  - Artificial protein and protein shakes which contain LARGININE should be stopped 1 month in advance: Rest of should be stopped 15 days before the surgery date.
  - All type of multivitamins should be stopped 10 days prior to surgery date.
  - All kind of herbal supplement should be stopped 10 days before the surgery date.
8. You may feel drowsy after surgery, so you are not allowed to drive, ask someone to take you home or let us know if you would like us to drop you.

### Date of Surgery:

- Please apply Emla cream 45-60 minutes on your scalp prior to surgery.
- Please be present in the clinic latest by 8.30 am
- Please have a full breakfast without having tea/coffee.
- Please take a shower before coming to clinic.
- Please wear open button shirt and comfortable trousers, slippers, T shirts are not allowed to wear on the day of surgery.

### How much time surgery will take?

- It is an outpatient surgery/procedure usually it takes 6-9 hours and very rarely continue on the next day (if Doctor deems suitable to continue on the next day he will inform you during the procedure.)

### **Which type of Anesthesia you will receive?**

- This procedure is done under local anesthesia. It provides numbness to a small area.

### **How long you will stay in Surgery center?**

- Depends on individual case maximum of 6-9 hours, you may stay little bit longer.

### **Will I be able to travel internationally after the surgery?**

- You can travel but please notify if you are planning to do so.

### **Can I wear hat after the Surgery?**

- After the procedure we leave the recipient/transplanted areas open and we advise our patients to stay indoor around 7 to 10 days. The reason is to stay indoors is to protect the transplanted area and donor area from any kind of infection and infectious sources. The first 3 days are very important for you stay indoors. If it is very necessary to go out, then please wear an adjustable baseball type cap for limited time of 2-3 hours. Top of cap has to be hard that it should not fall/collapse on transplanted area, and visor of cap has to be straight to avoid touch/scratches to the transplanted area of front and sides.

### **NOTE;**

- You might experience swelling around your eyes, which is normal after the surgery. It will subside with 10 days after the procedure date.
- It is extremely important for us to know your medical and surgical history and medications you are taking.
- Please inform us in advance if you have any kind of allergy and any concerns regarding the scheduled procedure.