



PRE-TREATMENT CARE

Pre-Operative Instructions for FUE

In preparation for your surgery:

Blood Thinners: There are several over the counter medications that should be avoided prior to surgery. Do not take aspirin, Vitamins E & B, Advil®, Alka-Seltzer®, Bufferin®, Excedrin®, Empirin®, Motrin®, Ibuprofen, or other antiinflammatory medications. In addition, do not take any herbal products such as Ginko or weight-lifting formulas for 2 weeks prior to your procedure. If you are on any of these medications because you have been told to take them by a medical provider please DO NOT stop taking them. Instead please inform us so we are aware.

Medications: If you take medications on a regular basis, ask if any should be discontinued prior to the procedure.

Alcohol: Do not drink alcohol for at least 3 days prior to surgery.

Smoking: Please avoid smoking or using nicotine products for at least one week before and at least one week after your procedure. These may slow your healing process and contribute to less than optimal graft growth.

Topical Minoxidil: You can use minoxidil (Rogaine®) prior to the procedure. You must stop using minoxidil for three weeks post procedure. The alcohol that is in medication can be detrimental to the grafts.

Helpful preparation notes:

Wash your hair, neck, and face well the night before and morning of the procedure with Antibacterial Soap. Lather for at least 3 minutes with the soap. If you wear a hairpiece or hair system, please make sure it is removed prior to your shower the evening before surgery and not replaced before your procedure. Please remove all glue products from your scalp prior to arriving.

Be sure to eat a good breakfast the morning of. It is important to have breakfast prior to arrival at the office as the medications that are used during the procedure can speed up metabolism and can make you feel ill without a full stomach. If you are scheduled in the afternoon, have a light lunch before you arrive. If you have any particular snacks, lunch items, or drinks that you prefer, please bring them as you will have plenty of opportunity to eat and drink throughout the day.

On the night before the transplant, get a good night's sleep. Wear comfortable clothing the day of your procedure. Do not bring any valuables to the office on the day of surgery, and please wear a



button down, zippered, or wide necked shirt that can be easily taken off and put on over your head. Do not wear clothes that you have to worry about getting soiled.

If you plan to wear a hat after surgery please bring an adjustable clean ball cap with you to the office on the day of your procedure. We can help you select the most suitable fitting hat and instruct you on how to best put it on and remove it.

For sleeping after surgery, an airplane "U" shaped pillow (We will provide one for you) or rolled up towels placed behind your head and around your shoulders will help with comfort and to protect the surgical area. Avoid excessive exercise and sweating (such as a sauna) the day before surgery, as they can dehydrate you and make you light-headed later. If you have been exercising a lot during the week before, be sure to drink plenty of fluids.

If you have been sick during the week before the planned surgery, please tell us before surgery to discuss the appropriateness of going ahead with the procedure or not.

Remember – Relax. You will be well taken care of. We have plenty of movies to watch and music to listen to during the procedure to help pass the time. The day actually goes by very quickly and we are ready to assist you at all times.

Transportation: It is recommended that you do not drive yourself home after surgery, so make arrangements for transportation to and from the office. When you arrive at the office, please provide the staff with the name of the person whom you have made the arrangements with. Following your surgery, the office will call the person to pick you up. If you choose, your ride may wait in the waiting area for you.

Items to purchase prior to surgery:

Prior to surgery, please obtain the following items and medications:

- Tylenol
- Dial Antibacterial Soap

Questions: If you have any questions regarding the preoperative instructions, please do not hesitate to contact us to have your questions answered.

If you have questions or concerns, please call the office at 603-742-5556.