



PRE-OPERATIVE HAIR INSTRUCTIONS

One month before surgery:

- Arrange transportation and accommodation if needed.
- Balance Due.

2 weeks before surgery

- No dyeing hair, avoid haircuts (2 weeks after surgery is okay)
- Avoid/stop taking aspirin, Aleve (naproxen sodium), Motrin (ibuprofen), (Tylenol is okay), mega doses of Vitamin C and E, herbal supplements, and any alcohol. These substances ALL increase bleeding during surgery and thus decrease the effectiveness of anesthesia and lengthen the time of the surgery which might impair graft growth.
- Avoid marijuana in ALL FORMS (creams, edibles, cigarettes, etc.) because it increases bleeding and decreases the effectiveness of anesthesia, and you will feel more pain.
- No hairpieces, wigs, hair systems, or extensions after surgery, particularly around the grafting– it impairs graft growth permanently – up to 30%.
- No illegal drugs.
- Review appointment of pre-post op instructions (initial the online document we send you).
- Go hat shopping. NO baseball hats the first three days. Hats that touch on the forehead and back of the head are fine (fedora, newsboy cap, beret, cowboy hat, etc...). ON DAY FOUR post-surgery ANY hat will work. BUT the first three days, the hats must be loose on top and not disturb the grafts.

Day of surgery

- Arrive on time! Please allow extra time for traffic. If you are running late, call the office or text us at 925-939-4763. Hair surgery lasts between 6-8 hours, and we must start on time.
- No caffeine in any form. No smoking or tobacco in any form. No marijuana in any form.
- Eat a good meal before arriving at the office.
- Wash hair the night before is ok and use deodorant. Avoid gels, hairsprays, or styling products.
- Wear a button-down shirt for easy on and off. We will buy you lunch.
- Confirm your ride home!