



Pre Operative

BEFORE SURGERY

Congratulations on your upcoming hair transplant session! We are excited about your new transition and look forward to helping you every step of the way. Please carefully read the instructions below, and contact us if you have any questions.

4 WEEKS BEFORE YOUR PROCEDURE

- Avoid a haircut. Hair should be kept at least an inch long at the donor area (back of the head).
- Avoid ALL tobacco products! Tobacco products compromise the healing process decreasing the amount of oxygen to newly transplanted grafts. This can result in bad healing.

3 WEEKS BEFORE YOUR PROCEDURE

- STOP using Minoxidil or Rogaine (to minimize bleeding).
- Eliminate Vitamin E supplements (to minimize bleeding).
- Eliminate multivitamins.
- Eliminate any supplements containing Gingo Biloba and Ginseng (to minimize bleeding).
- Eliminate protein shakes and protein bars (most contain vitamin E).

11 DAYS BEFORE YOUR PROCEDURE

- Do NOT take Aspirin (ASA) or drugs containing Aspirin. Tylenol may be used.

24 HOURS PRIOR TO YOUR PROCEDURE

- Do NOT drink protein shakes, alcohol, wine, or beer.

THE NIGHT BEFORE YOUR PROCEDURE

- Wash your hair well with HIBICLEANSE (or regular shampoo if not given Hibicleanse).

THE DAY OF YOUR PROCEDURE

- Wash hair well twice the morning of your procedure with HIBICLEANSE (or regular shampoo if not given HIBICLEANSE).
- Do not wear any mousse or hairspray.
- Have a regular breakfast and lunch (to minimize any chance of stomach queasiness).
- Avoid wearing clothing that needs to be pulled over your head. A button down is preferred.
- As you will receive a mild tranquilizer before surgery, you should not drive your own car afterwards.

PREPARING FOR SURGERY

Dr. Bolton recommends buying a neck pillow for post-surgical comfort. Neck (AIRLINE) pillows can be purchased at Walgreens for less than \$10. It is also recommended you buy a moisturizing shampoo and conditioner. (Dr. Bolton recommends Dove).

CLOTHING

A button down t-shirt is preferred. Please dress comfortably and avoid wearing clothing that needs to be pulled over your head.

POST OPERATIVE CARE

A full post operative guide will be provided to you after your procedure.



Pre Operative Checklist

BEFORE SURGERY



TRAVEL PILLOW

Dr. Bolton recommends buying a neck pillow for post- surgical comfort. Neck (AIRLINE) pillows can be purchased at Walgreens for less than \$10.00.



CLOTHING

A button down t-shirt is preferred. Please dress comfortably and avoid wearing clothing that needs to be pulled over your head.



HAIR CARE PRODUCT

Please buy a moisturizing shampoo and conditioner. (Dr. Bolton recommends Dove).



PLEASE BE ADVISED THAT ON THE DAY OF YOUR PROCEDURE, IF YOU OPT TO HAVE A MILD SEDATIVE, BY LAW, WE CANNOT LET YOU DRIVE! PLEASE HAVE ALTERNATIVE TRANSPORTATION PLANNED OR LET US KNOW AHEAD OF TIME SO WE CAN CALL A TAXI.