



## BEFORE SURGERY

- Please arrive at the office no later than \_\_\_\_\_ AM. In the event that you may require medication, it is required that you be dropped off and picked up after your procedure
- You may wash your hair the morning of your surgery with your regular shampoo
- Do not drink alcohol or caffeine the night before or the morning of your procedure
- Eat a light breakfast prior to arriving for your procedure
- Wear a button down shirt or something easily removable
- If medications were given to you by your physician prior to the procedure, please bring them with you on your procedure day
- Upon your arrival to the practice, please complete your medical questionnaire and sign your consent forms
- Speak with your physician about any medications you are currently taking
- Prior to your surgery, avoid any supplements or medications that could cause blood thinning such as, aspirin, Ibuprofen (Advil/Motrin) etc.
- Pre-operative photos will be taken for your chart only unless other arrangements have been made
- Please consider what hairstyle you will wear for your procedure. ***The donor site will need to be shaven down using a 1 or 0 guard.***
- Smoking is strongly prohibited as this will delay your wound healing time
- If you color your hair, it is recommended that you color your hair a few days before your procedure. After the procedure, you must wait 6-8 weeks before you can color your hair again and a semi-permanent color should be used instead of a permanent hair color that may cause damage to your new grafts. Permanent hair color can be used 3 months post op.
- Please feel free to ask as many questions as you like. We want you to be well informed.

## DURING THE PROCEDURE

- You may bring your own audiobooks or music as long as it is appropriate for everyone
- At any time during the procedure you may get up for breaks, such as restroom breaks or a brief stretch
- We will break for lunch if your procedure is scheduled for the entire day. Please discuss lunch arrangements with the practice staff prior to your procedure.
- Friends and family are not allowed in the surgery room when the procedure is being done, however, they will be allowed to visit and check on your progress. By having others in a surgery suite lends to a non-sterile environment and is not encouraged by OSHA.

## AFTER SURGERY

- You will be given all required prescriptions, medications and detailed post-op instructions. Please follow those instructions carefully.
- Should you have any questions concerning any aspect of your procedure, please call the office at

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