

## HDC HT2

### PRE-OPERATIVE INSTRUCTIONS

Dear Patient,

The pre-operative preparation for Hair Transplant has an essential role in ensuring a smooth process. Your collaboration is crucial. Please read and follow the instructions below so the highest quality of medical care is secured:

- 1 Do not take aspirin or any anti-inflammatory medications 72 hours prior to your procedure. If you are following a treatment which may cause anti-coagulation action, inform our doctor at least one week prior to surgery.

- 2 Do not take any anticoagulants such as heparin for at least two weeks prior to the surgery.  
***Please let us know if you are currently taking any of these medications.***

- 3 **Strictly No** alcohol consumption **24 hours** prior to surgery. In addition, do **not** drink coffee, tea or any other caffeinated beverages 24hours before surgery. You should also **strictly stop** drinking **all** soft drinks, or juices that contain vitamin C for 24hours prior to the procedure. **Make sure that if your procedure is scheduled over two consecutive days all the above restrictions remain up to the end of day 2** These substances will increase bleeding and sensitivity to medications used during surgery. On top of this will make the surgery more difficult that may affect your final hair transplant result.

- 4 **No** smoking tobacco products at least 24 hours prior to surgery. Smoking will slow down healing and increase chances of wound infection and scarring. Also do **not** take antidepressants for the same period of time prior to surgery.

- 5 Do **not** take multivitamins, including **Vitamin C** 72 hours prior to surgery, as these will lead to excess bleeding. In addition, avoid any herbal products for the same period of time.

- 6 **Strictly stop** the use of minoxidil (Rogaine, Regaine) in all forms one week prior to the procedure. You may use finasteride ( propecia) as you normally do.

- 7 You are allowed a light breakfast prior to surgery. Over the procedure days the clinic will be providing snacks and lunch of your liking.

#### HDC Medical Trichology Centre

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- 8 You will receive medication that may cause drowsiness. Therefore it is recommended you don't drive post-surgery unless you get authorization from the doctor. If travelling from abroad the clinic's flats are within a 30 second walk therefore you do not need to worry about this.

- 9 The day of operation wear comfortable clothes and please do not wear t-shirts with tight neck as you will not be able to wear it back on immediately after. We recommend t-shirts, tops with buttons or zip that can easily be worn back.

- 10 Prior to operation take a shower; wash your hair thoroughly using a regular shampoo. Do not apply sprays, gels or any other styling products to your hair.