

Preoperative Care/Suggestions

Try to get a haircut approximately 3-4 weeks prior to the transplant session. This will allow the hair to be of adequate length to cover donor area sutures/staples for appropriate camouflage. It is preferable to have 2-4 inches of hair in the donor and recipient area.

If you are on Rogaine/Minoxidil, please stop its use 1-2 days prior to the transplant.

Please do not take any vitamin C or E (vitamin pills) or Aspirin (ASA)/Advil/Motrin IB for 1-2 weeks prior to the transplant session.

Avoid alcohol and cigarettes for at least 2-3 days prior to your session.

Start shampooing your hair/scalp and surrounding/adjacent skin (eg. Ear lobes/neck/forehead, etc.) with shampoo/soap solution. It is especially important that you give your scalp and adjacent skin a good cleaning on the morning of the surgery.

Arrive for your surgery 30 minutes early, if at all possible.

Ideally, you should wear a shirt that is buttoned on the front rather than one that must be pulled over your head.

It is necessary for you to arrange for someone to meet you after the surgery to drive you home or to your hotel room (since you may still be under the effect of sedatives that may be administered before the surgery).

Although most people only need 1-2 days off for recuperation after the surgery, it would be a good idea to try to arrange for one week off from work, if at all possible (especially if you perform physically demanding types of work). You should avoid lifting heavy weights and forms of strenuous activity (eg. Aerobics, hockey, etc.) for 1-2 weeks. You should not plan any major social events for 1 week following surgery, in case there is any noticeable swelling.

Please Advise us of all medications that you are using even if it is “over the counter” medications that did not require a prescription.

Note- the preoperative “blood work” /form is necessary before any surgery will be performed. Please ensure that your blood work is performed at least 2 (two) weeks prior to your surgery date to prevent cancellation/postponement of your transplant.

D Gallant, BSc., M.D.