



Things To Know Before Your Transplant

1. Because certain drugs cause the blood to thin you need to stop taking all aspirin and aspirin-containing products at least **10 days** before your appointment. Take Tylenol if needed. The group of medications called NSAIDS (ibuprofen, Advil, naproxen, Aleve, etc.) should also be stopped **5 days** prior to your procedure. Any prescription blood thinners need to be stopped **3 days** before the procedure AFTER you receive approval from your prescribing physician. **DO NOT DRINK ALCOHOL or take Vitamin E 3 days before the procedure.**
2. Eat a normal breakfast the morning of your procedure. You will be given medication that needs to be taken with food. You will be here all day, and we will provide lunch or you may bring your own.
3. You may want to bring a baseball cap or a hat to wear home after your transplant is completed. It should be larger sized and adjustable to fit over bandages.
4. Wear comfortable clothing and a shirt that **buttons down the front**, rather than one that slips over your head.
5. We have free Wi-Fi, and the surgical room is equipped with a TV. You may want to bring headphones, a book, laptop or iPad to keep you occupied.
6. **Shampoo your hair well the morning of the procedure** to remove all oil, scaling or hair products. Do not apply any agents **other than conditioner** to the hair or scalp the morning of your appointment. This includes medications (Rogaine) or grooming agents (gel, hair spray, etc.). You may use conditioner.
7. Local anesthetic will be used to avoid discomfort during the procedure. If you desire a stronger sedation we can accommodate your request. You may not drive for 12 hours after sedation, therefore if you wish to be sedated, please arrange for someone to drive you home after the procedure.
8. Be sure to have your pre-operative lab work done as soon as possible. It is due 3 weeks prior to surgery. Test results are valid for 6 months. Labs can be done in house and through insurance.
9. To avoid a trip to the drugstore after surgery, you may want to purchase some polysporin to use on the scalp where you have stitches or FUE sites.
10. **Topical Minoxidil** You can use minoxidil (Rogaine®) prior to the procedure. You must stop using minoxidil for three weeks post procedure. The alcohol that is in medication can be detrimental to the grafts.

11. Restart oral dutasteride, minoxidil, finasteride two weeks after surgery. Restart LLLT laser cap two weeks after surgery as directed by your physician.
12. **Smoking** Please avoid smoking or using nicotine products for at least three weeks before and at least one week after your procedure. These may slow your healing process and contribute to less than optimal graft growth
13. **Scalp Massage and Stretches** Prior to FUT (also known as linear strip excision) scalp massages can improve the elasticity of the donor area. Finger lock movements pressing the occipital scalp in all directions for 15 minutes 3 times a day for 6 weeks before surgery.
14. **If you are having FUE, Please cut the hair on the back of your head (donor site) with a zero blade before surgery. If using body or arm hair shave 7 days prior. If using beard hair shave 3 days prior.**
15. **If you are having FUT, do not cut the hair on the back of your head before surgery.** This will make it more difficult to hide the suture line. Keep it around 1-2 inches long for best results.
16. Wash your hair, neck, and face well the night before and morning of the procedure with Antibacterial Soap. Hairpiece or hair system, should be removed prior to your shower the evening before surgery and not replaced before your procedure. Please remove all glue or adhesive products from your scalp prior to arriving.
17. Payment is due in full on the day of the procedure. A 20% non refundable deposit is required at the time of scheduling in order to hold the date for your transplant. Our accepted methods of payment are cash, Visa, MasterCard, American Express, cashier's check, or CareCredit. If you wish to pay with a personal check, you must do so 3 weeks prior to your procedure.



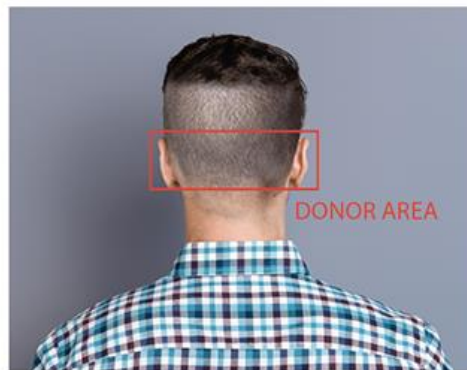
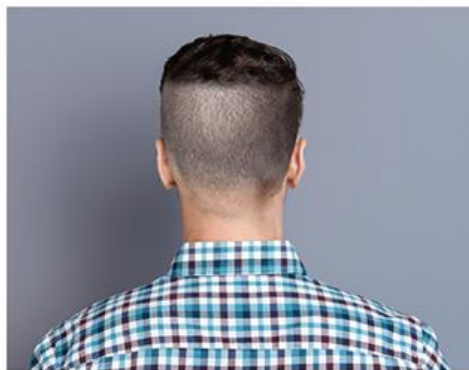
Preparing Your Hair For Your Hair Restoration Procedure

24-48 hours prior to your procedure:

Hair should be cut using an electric shaver with a guard gauge of “zero” from the nape of the neck all the way up to the ears, (spanning from ear to ear). This can be tapered into a “crew cut”, “buzz cut”, or something more stylish leaving the hair on top a little longer if the client prefers.

Day of the procedure:

Thoroughly wash and dry your hair prior to arriving for your procedure. Please refrain from using any styling agents on your procedure day.





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IF YOU ARE TAKING ANY OF THESE MEDICATIONS, STOP THEM 10 DAYS BEFORE SURGERY TO AVOID EXCESSIVE BLEEDING

OVER THE COUNTER MEDICATIONS WHICH CONTAIN ASPIRIN OR NSAIDS

- ASPIRIN (Bayer, St. Joseph, Children's) IBUPROFEN (Motrin, Advil, Midol)
- Alka-Seltzer Effervescent Pain Reliever & Antacid Alka-Seltzer Plus Cold Medicine
- Arthritis Strength anti-inflammatory medicine
- Bayer Children's Chewable Aspirin Bristol-Meyer 4-Way Cold Tablets Bufferin
- Ecotrin Tablets (any type) Excedrin
- Goody's BC Headache Powders Momentum Muscular Backache Formula Naproxen (Aleve, Naprosyn)
- Herbals: Dong quai, Ginseng, Ephedra, Garlic, Green Tea, Feverfew, Ginkgo Biloba, Turmeric, Ginger
- Fish Oil, Vitamin E, Chondroitin, Glucosamine

IF YOU ARE TAKING ANY OF THESE MEDICATIONS, STOP THEM 3 DAYS BEFORE SURGERY AFTER CLEARING WITH PRESCRIBING PHYSICIAN

PRESCRIPTION BLOOD THINNERS

- Warfarin (Coumadin) Heparin
- Cox-2 inhibitors (Celebrex, Bextra, Vioxx) Clopidogrel (Plavix)
- Enoxaparin (Lovenox)
- Xarelto Pradaxa Eliquis

SCHEDULED MEDICATIONS

If you take medications on a regular basis, ask if any should be discontinued prior to the procedure.

IF YOU HAVE QUESTIONS ABOUT OTHER MEDICATIONS, PLEASE CALL US AT (954) 742.2210.



Things to Prepare for After Your Transplant

- We will supply all post op medications and supplies at the end of your procedure*
 - *Polysporin may need to be replenished before the end of post op recovery.
 - * Tylenol or acetaminophen 500 mg tablets and ibuprofen 200 mg should be purchased
 - * U-shaped travel neck pillow may be needed for post operative comfort
- You will need to plan for 7-10 days of recovery. The transplanted area will be reddish in color, fading gradually each day.
- Do not exercise or plan to do any strenuous activities for 7-10 days. This includes any water sports, golf, tennis, etc.
- You may experience facial swelling for 1- 7 days after the procedure. This is a normal part of the healing process and won't harm the grafts.
- We will discuss in full detail all other post-op instructions upon the completion of your procedure and include printed instructions in your take home packet.



Post Operative Instructions

1. Alcoholic beverages, ibuprofen and aspirin are not to be taken for 48 hours after surgery unless instructed otherwise. In certain circumstances we will provide you with a prescription for pain medications.
2. On limited occasions, minor bleeding may occur from the transplant site or donor area. This can be controlled by applying gentle but firm pressure on the area for not less than 5-10 minutes with a dampened gauze pad which we will provide for you. PRESS ONLY, DO NOT RUB.
3. Sleep in an upright position the first night after surgery, either in a recliner or prop up your head with two pillows. This will help prevent swelling of the scalp and forehead. Try not to sleep face down.
4. To prevent swelling of the forehead or around the eyes, apply an ice pack (pack of frozen peas will work well) over the eyebrows for 5-10 minutes every hour. DO NOT APPLY ICE TO THE GRAFTS. If swelling occurs it will appear on the second or third day after surgery. The swelling is part of the normal healing process, and will usually disappear by 7-10 days. Begin using ice packs immediately after surgery and continue for the next 72 hours. Do not use hot compresses, this will intensify swelling.
5. Scabbing will form over the transplant sites and solidify the first few hours after the procedure. These scabs will naturally fall off within 2 weeks. DO NOT PICK OR SCRATCH AT THESE SCABS. Doing so will endanger the healing of the graft and could cause scarring or increase the chance of infection. Don't be alarmed if there are short hairs in the scabs when they fall off. The hair bulb is inside the scalp. It is natural to lose the hair shaft.
6. Do not wash your head for 24 hours after the surgery. After 24 hours, lightly wet the hair in the shower, spread shampoo in your hands and gently pat the shampoo on, DO NOT RUB THE RECIPIENT AREA. Rinse lightly in the shower and do not let the full strength of the flow hit your head, it could dislodge some of the grafts for the first 7 days. It is recommended to wash your head one to twice daily for the first 2 weeks.
7. For the first week avoid strenuous activity. Weight lifting and intense workouts should not be done for 7 days. Most activities in the work place should be easily resumed a day or two after the procedure. Please ask us if you have any questions or concerns.
8. BE SURE TO TAKE ALL MEDICATIONS PROVIDED FOR YOU AS DIRECTED.
9. With the FUE procedure there are no sutures to remove and it is normal for small holes where the donor hair was removed to bleed some the first night.
10. DO NOT USE PEROXIDE on your scalp or other ointments unless instructed by the physician. This could affect the healing or success of the procedure.
11. Avoid direct sunlight on the head for one month (a loose-fitting hat can be worn initially while the recipient and donor sites heal).



Additional Post Operative Instructions

1. Wound care:
Apply mupirocin, polysporin or vaseline to the donor area only twice a day for two weeks. DO NOT apply these products to your recipient area.
2. For itching:
Scalp itching is relieved by using saline or graft enhancement spray. Keep these products in the refrigerator and cool for added relief. If itching persists, take non-sedating Zyrtec 10 mg once a day and contact your physician. Sedating antihistamines including Benadryl 25 mg may be used if advised by physician. Take one 25 mg tablet at night, note risk includes grogginess and fatigue.
3. In grown hairs:
Post operative folliculitis or ingrown hairs may occur. To relieve these, apply a warm compress for 5 minutes twice a day.
4. Color or hair dye can be placed the week before your surgery, Post op hair dye only after 6 weeks. Post operative hair cut wait 4- 6 weeks.

