

# *Hair Loss Solutions*

## **PRE PROCEDURE INSTRUCTIONS**

To reserve the date of the procedure, a deposit of 2500 plus tx cad is required.

### **WEEK BEFORE THE PROCEDURE**

Before the procedure, please complete your questionnaire and sign your consent forms and send by email. You can send this as soon as possible. Speak with our team about any medications you are currently taking.

### **48 HOURS BEFORE THE PROCEDURE**

Full payment is required.

### **BEFORE THE PROCEDURE**

- You may wash your hair the morning of your surgery with your regular shampoo. No styling products.
- Do not drink alcohol or caffeine the night before or the morning of your procedure.
- If you have glasses and can wear contacts that would be ideal.
- Eat a good breakfast prior to arriving for your procedure.
- Please arrive at the office no later than 7h30 AM. In the event that you may require medication, it is required that you be dropped off and picked up after your procedure.
- Wear something comfortable and a button down shirt or something easily removable that you do not need to pass over your head.
- If medications were given to you by your physician prior to the procedure, please bring them with you on your procedure day.
- Prior to your procedure, 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. It is easier on the team when you accept that we shave the whole head.
- 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 procedure.
- 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. Please discuss lunch arrangements with the practice staff prior to your procedure if you have special requirements or food allergies. Otherwise, you will be able to choose between a menu prepared for you.
- Friends and family are not allowed in the procedure room when the procedure is being done or after. By having others in a procedure room lends to a non-sterile environment and is not encouraged.
- You will be given all required prescriptions, medications and detailed post procedure instructions. Please follow those instructions carefully.
- Should you have any questions concerning any aspect of your procedure, please text 15067433768 or to schedule a call.