



INTERNATIONAL HAIR TRANSPLANT INSTITUTE

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Instructions Before Your Hair Transplantation

In order for us to provide you with the highest quality medical care, it is imperative that you follow the following instructions. If these instructions are not followed, it may be necessary to cancel your surgery when you arrive for your safety – at your cost. Therefore, call if you have questions or are uncertain.

- Do not take **Aspirin** or any other **anti-inflammatory medications** 7-14 days prior to your procedure. Many prescription or non-prescription, over-the-counter products such as **Advil, Alka-Seltzer, Bufferin, Excedrin, Empirin, Nu-Prin, Motrin, Ibuprofen**, etc., should be avoided. If you are unsure, ask the doctor or your pharmacist.
- If you are taking **antidepressants** such as **Desyrel or Trazadone**, blood thinners such as **heparin and coumandin, nicacin, accutane, beta blockers, and MAO inhibitors**. PLEASE CALL THE OFFICE AND LET US KNOW IF YOU ARE CURRENTLY TAKING ANY OF THESE MEDICATIONS. It is possible you will be asked to discontinue a certain medication prior to surgery, after the doctor reviews your case.
- If you have ANY medical conditions, please notify the office immediately....do not wait until the week prior to surgery. Medical conditions include but are not limited to: **High blood pressure, heart murmur, diabetes, blood disorders (easy clotting etc.), Hepatitis, Asthma, Epilepsy, Liver problems**, or any condition that you are under a doctor's care for.
- The morning of your procedure take a bath or shower and **wash your hair** thoroughly using regular shampoo. After shampooing, please rinse thoroughly and use a fresh clean towel to dry your hair. Do not apply sprays or gels to your hair. If you wear a hairpiece or hair system, please make sure it is removed prior to your morning shower and not replaced before your procedure.
- Be certain to **eat breakfast** the morning of your procedure. If you are scheduled for surgery in the afternoon have a light lunch before you arrive.
- Try not to smoke any **tobacco products** at least 24 hours prior to your procedure as smoking will slow down healing and increase the chances of wound infection and scarring.
- Do not drink any **alcoholic beverage** at least 3 days prior to your procedure. In addition, do not drink **coffee** or any other **caffeinated beverages** including sodas the day of your procedure. These substances will increase bleeding and your sensitivity to medications used during the procedure. Avoid **carbonated beverages** for 3 days after the procedure
- Do not take any **multivitamins** including **vitamin B and vitamin E** for one week before your procedure as they will increase bleeding. In addition, do not take any **herbal or botanical products** one week prior to your procedure.
- If you are to have a **STRIP** procedure, it is best to leave your hair long in the back and sides so that it will cover the sutures after your procedure. Your donor area will be shaved with below a #1 clipper at the surgery center if you are having a **Shaven FIT**. If you are having a **Patch FIT** – it is best to let the hair grow out to 3-6 inches long to cover the shaven 'patch/s' where the FU's are extracted from. A **Non-shaven FIT** has to have hair grown out 2-3 inches long so that it can be clipped up out of the way.
- Wear comfortable **clothing** the day of your procedure, and bring a sweater or socks for warmth, as you may find our surgical center is very cold. A button up shirt is required for after the procedure.
- Please do not bring any **valuables** to the office on surgery day.
- You can continue using **Minoxidil/ Rogaine**. There is no need to discontinue prior to surgery.
- **If having a BODY HAIR TRANSPLANT or a FIT FARMING procedure you must wet shave (with shaving cream and a razor) 3 days prior to starting surgery date no exceptions... this is not optional. Also another good thing to do is to wax**

your body hair off 3 months prior to the surgery. We extract only the hairs in the growing phase.