

HAIR TRANSPLANTATION

PRE-OPERATIVE INSTRUCTIONS

1. DO NOT take aspirin or aspirin-containing products for 2 weeks prior to surgery. Aspirin is included in many over-the-counter drug products such as: Alka-Seltzer, Bufferin, Excedrin, Dristan, or Bayer cold tablets. Tylenol may be used. Aspirin causes increased bleeding. Ibuprofen (Motrin), other arthritis drugs, vitamin E and Gingko Biloba may all cause increased bleeding and should be avoided for 3-4 days before surgery. If your aspirin is prescribed based on a history of heart disease or stroke make sure you have discussed this with Dr Berg.
2. Avoid alcohol, wine or beer for 1 week prior to surgery.
3. Let your hair grow ideally to 2.5 to 3 inches on the back and sides to allow immediate camouflage of the stitch line in the back. Perm and coloring may be done up to 5 days before surgery.
4. If you have been given a prescription for pain medications, you may wish to fill it prior to surgery so you don't have to bother on the day of surgery.

THE NIGHT BEFORE:

1. Wash hair well with ordinary shampoo. Get a good night's sleep.

THE MORNING OF SURGERY:

1. Have breakfast before coming in for surgery.
2. Wear comfortable clothes which will not have to be pulled over your head after the surgery.
3. Plan to have someone available to take you home after surgery (taxi is fine). You should not drive after the surgery.
4. You may need to be seen the day after surgery, so make sure you have arrangements to stay in Seattle overnight if you are from out of town. We have suggestions for local accommodations if needed.

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