



## Before Hair Transplant Instructions

### STOP ALL

- **Aspirin and Aspirin related medication**, such as **Advil/Motrin (Ibuprofen)** and **Aleve (Naproxen)** products, **14 days before your procedure**. These products increase the tendency of bleeding. Many over the counter medications such as cold remedies contain **Aspirin or Advil**. Check with your pharmacist if you are uncertain if the medication contains **Aspirin or related products**. You may use **Tylenol (acetaminophen)** if you require pain medication before your procedure.
- **Herbal Medications & Nutritional Supplements** **14 days before and 7 days after your procedure**. These products may increase bleeding and also they may interact with the anesthetic agents. Examples include: fish oil, black cohosh, melatonin, garlic pills, St. John's wort, green tea and vitamin E. You are allowed to take regular multivitamins.
- **Any tobacco products** **2 weeks before and after procedure**. Nicotine in any form including cigarettes, chewing tobacco, patches and gum can adversely affect your wound healing.
- **Any alcohol** **48 hours before and 48 hours after procedure** including liquor, beer and wine.

### Prescription Medication

Please take your medications as prescribed by your physician (examples include blood pressure, thyroid, asthma medication, oral Finasteride, oral Dutasteride).

- If you are diabetic, please bring your glucose monitoring device the day of your procedure.
- If you have asthma, please bring your rescue inhaler the day of your procedure.
- If you are using **Rogaine (topical Minoxidil)**, **oral Minoxidil**, **topical Finasteride**, **topical Dutasteride**, **homeopathic hair loss medication**, please **stop application 7 days before procedure** and you can resume it **7 days** after the procedure.

### In Preparation for Surgery

- **DO NOT EAT OR DRINK ANYTHING AFTER 12 MIDNIGHT THE NIGHT BEFORE YOU PROCEDURE**. This includes ice chips, water, coffee, tea, chewing gum and mints.
- You must have a ride after surgery so please plan accordingly. After the procedure it is preferred that you be accompanied home with a family member or friend. You may go home via taxi or Uber/Lyft but **you will not be allowed to drive**.
- Shower with the antibacterial soap, Hibiclens (alternate name Chlorhexidine), available over the counter (may purchase at CVS or Walmart) the night before your procedure and the morning of your procedure. Use all over your body from head to toe, **avoiding your eyes and ears**, and rinse off. Do not apply lotions or other grooming products.
- Please **wear a loose fitting button-up or zip-up shirt the day of your procedure** to avoid pulling anything over your head and potentially dislodging grafts. Wear comfortable sweatpants without zippers.

**Site Specific Instructions**

- Strip procedure (FUT) – cut and color hair as normal two weeks prior to the procedure.
- Follicular Unit Extraction (FUE) – manual harvest procedure only – Cut your hair short 1-2 days before the surgery. Use a 0 guard on the trimmer, i.e. “high and tight” military style cut.
- Beard FUE – shave the face 3 days prior to the procedure. Do not shave again until after procedure.
- Eyebrow procedure: if you color your eyebrows, please color your hair so that the color of the hair matches. If you do not color your eyebrows, please let your hair grow out at least one inch prior to the procedure.

If you should develop symptoms of a cough, cold, fever or sore throat prior to your surgery, please inform Dr. Kopelman’s immediately at 212-831-8331.

Thank you for giving us the opportunity to be part of your care team. Please review these instructions prior to your procedure. We will call the day before to confirm your arrival time. Please be sure to arrive on time the morning of your procedure.

I have read and understand these instructions and have had an opportunity to ask questions. I have been given a hard copy of these instructions to review.

Patient: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_