

Surgery Date \_\_\_\_\_ Arrival Time \_\_\_\_\_

## PREOPERATIVE INSTRUCTIONS FOR HAIR TRANSPLANT

- Hygiene:** Shower and shampoo the morning of surgery. No styling products.
- Hair Care:** Hair coloring, perms and other chemical treatments should be planned during the week prior to surgery and/or one month after. A short haircut is not advised prior to surgery, as longer hair will provide more coverage to conceal the grafting sites.
- Medication:** At your preoperative visit, all medications you take should be discussed with Dr. Griffin. Most medications can be continued, but some may need to be temporarily discontinued. **DO NOT use for one week prior to surgery: ASPIRIN, ASPIRIN-CONTAINING PRODUCTS, IBUPROFEN, VITAMIN E, BETA CAROTENE, AND GARLIC SUPPLEMENTS.** You will receive a prescription sheet for the medications you will need for your surgery. This medication package contains antibiotics, sleeping pill sedatives, pain relievers, and an anti-inflammatory. Also included is a list of the over-the-counter vitamins that you should start taking two weeks before surgery. Please follow all instructions on your medicine bottles so your procedure will proceed easier.
- Smoking:** No smoking for 2 weeks prior and 2 weeks after surgery, as smoking retards healing.
- Alcohol:** No alcohol one week prior to and two days after surgery.
- Sleep:** On the night before surgery, get a good night's sleep. Medications are prescribed to assist you.
- Clothing:** Wear comfortable, loose fitting clothing. **DO NOT wear pull over tops (T-Shirts or any crew neck top).** Frontal opening shirts (button down or zip front) or sweat suits are preferred. Elastic waist pants are best, if you have them. You will be changing into a surgical gown. Please leave all valuables at home including money, jewelry, watches, etc.
- Transportation:** Make arrangements for transportation to and from the office the day of your surgery. **You are NOT allowed to drive yourself home.** When you arrive at our office, give the staff the name and telephone number of the person that will take you home. This number will also be used in case of an emergency. Following your surgery and recovery, the nurse will call the person to pick you up. If you choose, your ride may wait for you in the private waiting room of The Cosmetic Center. Since you are sedated, **you will not be released to a taxi or limo service.** If you do not have a friend or family member to pick you up, you must stay at a local hotel (list of surrounding hotels provided for you in your pre-op packet). One of our staff members will take you to your room. Please check into your room prior to arriving at our office. If you have any questions regarding our policy, please discuss them with us before your surgery.
- Out of Town:** If you live out of town, we have provided you with a list of surrounding hotels to choose from. If you will be staying at a hotel by yourself, we will drive you to your room after the procedure is finished. You may drive yourself to the office the next day, or we can arrange to pick you up at your hotel in the morning for your post-op shampoo. To ensure overnight hotel accommodations, please make your reservations as soon as possible. When confirming your reservations, ask for the "hospital discount" rate.

**Meals:** **On the morning of the surgery, eat a light non-greasy breakfast (toast, cereal, fruit juice, coffee, tea) one hour before arriving for surgery.** If you have an afternoon surgery, please eat a light non-greasy lunch one hour before arriving for surgery.

**Rogaine:** Rogaine solutions can be used until the day of surgery. You may resume one week after your surgery. **DO NOT** use Retin-A solutions for two weeks after surgery and the grafted areas are completely healed.

## **RISKS OF TRANSPLANTATION SURGERY**

**Ingrown Hairs:** This problem is minor and occurs when hairs grow under the surface rather than pushing out through the scalp. Releasing the involved hairs and the application of a topical antibiotic or benzoyl peroxide will resolve the problem.

**Infection:** Scalp infection following hair transplantation is very rare. Treatment with antibiotics is effective in resolving infections.

**Cobblestoning:** If the graft heals above the surrounding scalp surface, the scalp can appear “bumpy”.

**Graft Depression:** If a graft sinks and heals below the surrounding scalp surface, it will appear depressed. The individual graft can be excised and replaced elsewhere.

**Cyst Formation:** A small cyst can form in the grafted area, commonly caused by a blocked oil gland. Lancing the cyst and expelling the contents resolves the cyst.

**Scarring:** Scarring around the new grafts is minimal and unnoticeable. Scarring at the donor sites is usually minor and covered by normal hair growth. If a donor scar is wide or stretched, secondary revision surgery can usually be done with improvement.

**Keloid or Thick** Thick scars in the donor site are a very rare occurrence. If thick or keloid scars develop, secondary surgical revision may be necessary.

**Poor Hair Growth:** Poor hair growth is very rare if harvesting and grafting were completed without complication and there has been no infection (folliculitis—see below).

**Temporary Hair Loss:** Existing hair follicles near the graft sites may go into a resting or shock phase and some of these hairs will shed. This is a **temporary** loss; regrowth starts within two to four months post-op.

**Curly Hair:** New hair occasionally looks curly or unruly. Keep in mind, your newly grafted hair will take on the characteristic of the hair in your donor area.

**Folliculitis:** A chronic, mild infection or inflammation around the hair follicles occurs rarely. Treatment with antibiotic ointment and oral antibiotics usually help over time. Medicated shampoo and scrubbing the scalp help the problem resolve.