

## HAIR SCIENCES CENTER

### PREOPERATIVE INSTRUCTIONS

The following instructions aid us in making your surgery as pleasant as possible. Please read the following information and call if you have any questions.

1. **2 weeks prior to surgery:** Start using Minoxidil/Rogaine (if not allergic to this medication) to decrease the possibility of shock loss. Shock loss is the temporary thinning of pre-existing hair when grafts are transplanted. In the majority of patients this loss is not significant. However, in a few cases, it can be quite severe. It usually occurs in the 1-2 months after surgery. The lost hair grows back with the transplanted hairs about 2-3 months after surgery.
2. **7 days prior to surgery:** Stop taking all aspirin, products containing aspirin, ibuprofen, vitamin E and fish oil supplements. Limit alcohol and caffeine intake.

These drugs and herbs will cause the blood to thin. Multi-vitamins are okay to continue using. If you are taking any of these medications on the advice of another physician, check with that physician before stopping the medication. You may take Tylenol/acetaminophen if needed for pain if you're not allergic to this.

3. **3 days prior to surgery:** If you are taking any antidepressants in the MAOI family (Mono Amine Oxidase Inhibitors), nitrates or medication with a nitrate, you must alert our office to discuss the possible interactions with the medications we use during surgery.
4. **3 days prior to surgery:** Stop any prescription blood thinners if authorized by your prescribing physician.

We will request that you have a written letter from your cardiologist or prescribing physician authorizing you to discontinue your medications prior to surgery. Your physician's office may fax the letter to our office at 303-694-9373 or email our surgery scheduler Veronica Melero [vmelero@hsccolorado.com](mailto:vmelero@hsccolorado.com)

5. **2 days prior to the surgery:** Avoid all alcohol consumption.
6. **Day of surgery:**
  - Eat a light breakfast the morning of your surgery, we will provide your lunch.
  - Shampoo your hair the morning of the surgery to remove all oil and hair products. Do not apply anything to the hair or scalp after shampooing including medications such as Minoxidil/Rogaine.

- Bring an adjustable baseball cap or loose fitting hat (No “Beanie” caps) to wear home from the clinic.
- Wear comfortable clothing and a shirt that buttons down the front (We recommend this so that you are not pulling anything over your head after the surgery.)
- We have cable TV, Netflix and Pandora for you to enjoy during your procedure.
- Please do not bring valuables to the office.
- Arrange for someone to drive you home after the surgery.

A local anesthetic will be used to avoid discomfort during the procedure. You will also receive a sedative. Because of this may not drive for 8 hours after sedation.

7. **Important for strip graft harvest of non-shaved FUE:** Prior to surgery you *must* allow your hair to grow at least 2 inches long on the sides and back.
8. **Important for an FUE with the ARTAS Robot or a shaved S.A.F.E. System FUE procedure:** We will shave the entire donor area (both sides and back of your head) leaving the hair length 1-2 mm (1/25 to 2/25 of an inch).

*Do not shave your own head as the length required for the robot to “see” the hair is critical. If you cut your hair too short we will not be able to perform the surgery.*

### **Post Op Notes**

Additional post op instructions will be provided.

1. The implanted hairs will grow for 2-3 weeks after the procedure. After that time the transplanted hair follicles will go into a dormant phase and fall out leaving a similar appearance as before surgery. This is completely normal.
2. For 7-10 days after surgery the transplanted area will have crusting or scabbing and may look pink, like a sunburn. Please note: Patients with skin that is prone to redness may notice a slight pinkness for 2-4 weeks. In rare cases the pink coloration of the skin has lasted up to 6 months. You can use a liquid concealer or foundation (make-up) to hide any discoloration.
3. Forehead swelling may occur even though post op instructions are followed carefully. Some people have softer skin and swelling can be more extensive. Please be prepared to deal with swelling by following the following: 1) keep the foam tape, that is placed on your forehead during surgery, in place for

three days after your procedure (the foam tape will not be placed if you had surgery in the crown area only), 2) if you notice significant swelling above the tape please delay removing it until swelling has decreased. Please note: If you develop swelling on your forehead it may remain for up to one week after surgery.

4. Numbness is normal with any incision. You may experience numbness in the donor area in the back of your head or in the transplanted area. This usually fades within 2-4 months, some patients experience numbness up to 6 months.
5. Hair growth usually occurs along a bell-shaped curve with early growth occurring around the 3<sup>rd</sup> month. The majority of the growth usually occurs between 5-8 months. Although this is the norm, there are patients who experience delayed growth for up to one year later.

### **Payment**

The balance of the cost of your surgery is due on the day of your surgery.

1. We accept cash, M/C, VISA, DISCOVER, AMEX or CASHIERS CHECK. Please call your credit card company several days in advance if your credit card requires authorization for large purchases.
2. **We do not accept debit cards or personal checks.**

### **Travel Program:**

The Hair Sciences Center of Colorado is pleased to offer a travel reimbursement program for patients who travel more than 100 miles to our clinic and require treatment with a minimum of 1,000 grafts.

HSC will reimburse actual travel expenses (receipts for airfare or fuel for driving-will be required) up to a maximum of \$500 and will provide one night's lodging at an HSC-selected hotel.

Instead of a reimbursement for actual travel expenses, patients may choose 100 additional strip harvest grafts or 50 additional FUE grafts.

The travel reimbursement with extra grafts only applies to patients receiving grafts obtained from the scalp; patients receiving body hair grafts can only receive the credit for actual travel expenses up the \$500 limit. Please contact the clinic directly to discuss your travel arrangements.

### **Cancellation Policy:**

Should it become necessary to cancel a surgery, we would like to know as far in advance as possible. Your security deposit is refundable 14 (fourteen) calendar days prior to your surgery.

**POST OPERATIVE ACTIVITIES TIMETABLE:**

	Number of days post-surgery
<b>Washing Hair Grafted Area:</b> Mix shampoo and water in a cup and pour over the grafted area several times. Rinse by pouring water from the cup.  Donor area: Shampoo the donor area as you normally shampoo your scalp.	<b>Days 1-3</b>
Shampoo the grafted area with a light circular motion using your fingertips.  After day seven wash all areas as you did prior to your surgery.	<b>Days 4-7</b>
<b>ATP Spray:</b> Shake the bottle before spraying. For the first 48 hours spray the solution to completely moisten the recipient area every 1-2 hours (including during the night) and cover with a shower cap. After the 48 hours spray every 3-4 hours during the day until the solution is completely used. If returning to work the following day after surgery, try to use ATP spray as often as possible. Shower cap and spray can be resumed after work at home.	<b>Days 1-3</b>
<b>Apply Polysporin (For Strip graft harvest):</b> Apply Polysporin ointment to the donor area for seven days. The ointment will be provided.	<b>Days 1-7</b>
<b>Sun Exposure:</b> Protect the transplanted area with either a hat or SPF 45 sunscreen spray when outdoors for more than 5-10 minutes	<b>Days 1-14</b>
<b>Hair Care:</b> In the <u>non-grafted</u> area brushing hair, hairdryer, mousse, gels and hairspray.	<b>Day 1</b>
Brushing your hair normally and getting a haircut including the grafted area.	<b>Day 7</b>
<b>Removing Foam tape from your forehead:</b> Remove at day 3 unless there is significant swelling above the tape then leave the tape on for one more day.	<b>Day 3</b>
<b>Rogaine Foam/Minoxidil 5%:</b> (if not allergic) Start patting foam lightly in the grafted area once daily  Starting day 7 (seven) apply foam as usual, <u>Continue</u> Using Rogaine/Minoxidil oncedaily as this will be an added benefit for your grafted and native hair.	<b>Day 3</b>
<b>Intense exercise (After FUE harvest):</b>	<b>Day 7</b>

Running, aerobics and weight lifting

**Intense exercise (After Strip harvest):**

**Day 7**

Running, aerobics, weight lifting

**Swimming, submersing head under water,  
or activities requiring a helmet.**

**Day 7**