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PRE-OPERATIVE INSTRUCTIONS FOR HAIR RESTORATION PATIENTS
HairTransplant is a delicate process. Your adherence to the following instructions will help assure that you get the very best results

BEFORE YOUR PROCEDURE

- * For 10 days prior to your procedure, do not take aspirin or Vitamin E, ginkgo biloba, or any multivitamins (these also contain Vitamin E). Many medications contain aspirin, so please be sure to read all medication labels. You may take paracetamol-cocorin- if it is must**
- * For 3 days prior to your procedure, do not take anti-inflammatories (e.g. ibuprofen), avoid drinking alcohol, and do not get a sunburn.**
- * Stop the use of minoxidil three days prior to your procedure.**
- * Make arrangements for transportation home as you will be receiving sedation during the procedure. The type of sedation you receive will be up to you and Dr. Chaudhari**
- * If you live out of town, make arrangements for transportation and hotel accommodations.**
- * If you color your hair, make sure it gets colored 3 weeks or more prior to your procedure. You will be able to color it again 3 weeks after the procedure.**
- * To help cover the donor site sutures, let the hair in the back of your head grow to at least one inch (2.54cms) in length. The hair on the rest of your head can be any length.**
- * For best healing, please refrain from smoking for one week prior to and one week after your procedure.**

The day before and the day of your procedure

- * Get a good night's sleep.**
- * Have a light breakfast, but no caffeine on the morning of your procedure.**
- * Routine prescribed medicines (e.g. blood pressure) should be taken the morning of your procedure.**
- * Wear a shirt that can be buttoned in the front, rather than a pull-over, to the office. Remove all jewelry, watches, etc.**
- * Be prepared to remove contact lenses before your procedure.**
- * Please feel free to bring any music on CDs or tapes that you choose to listen to during your procedure.**

NOTE THE FOLLOWING:

Please arrive at the office at 9.30am

Detailed post-operative instructions are provided prior to your procedure. These will be reviewed with you before you leave the office.

It has been explained to you that a choice of anesthesia provider exists.

POST-OPERATIVE INSTRUCTIONS FOR HAIR TRANSPLANT PATIENTS

Hair restoration is a delicate process. Your adherence to the following instructions will help assure that you get the very best results.

Medications - take as prescribed

____ Tab Augumentin 625mg - antibiotic to prevent infection. Take 1 pill twice a day for 7 days.

____ Tab Voveran 50 - mild pain killer. Take 1 every 12 hours for 10 days as needed.

Tab Elina/Alerid 10mg- daily one at bed time if itching at graft site persists.

Sleeping and Activity

*** Sleep with your head elevated on several pillows or in a recliner chair to prevent swelling. Place a towel under your head the first night.**

*** Avoid any strenuous physical activity the first 2 days to prevent loss of grafts or increased swelling. After two weeks, weight lifting, heavy exercise, etc may be resumed, with swimming able to be resumed after 4 weeks.**

*** . Wearing a cap provides adequate protection.**

Caring for and Cleaning the Scalp

*** Your scalp will be cleaned before leaving the office the day of your procedure. Often there is some slight bleeding from several graft sites the first 24 hours. Simply apply light pressure with a clean cloth or gauze for 10 minutes.**

*** Patient return to the clinic next day after the procedure to have dressing removed & their hair washed if necessary.**

*** Your appointment is scheduled for _____**

*** You may gently wash & clean it on the 10 day as follows:**

*** Wet your head in the shower with cool to warm water, pouring it over the scalp (top, sides, and back) using a bowl.**

*** Using a mild shampoo, lather it in your hands, and gently pat it onto the graft areas, while lightly rubbing it into the other parts of the scalp, including the sides and back of the scalp. Be sure to wash well the sutured areas.**

*** Gently rinse off the shampoo, then pat dry.**

*** Combing, as long as it is performed gently, is permitted on the third day.**

*** Continue this routine daily for the first 5 days. After this, you may begin to lightly rub the graft area to help remove crusts, and shower normally.**

- * Any remaining crusts after 10 days will fall of on its own
- * Sutures on back of your head will dissolve on its own in next four weeks

What to Expect

- * Numbness at the graft sites and above the suture line is common and normal. It will take several weeks, occasionally several months to resolve.
- * The transplanted hairs often will fall out as the crusts fall off at 5-7 days. **DO NOT PANIC** for these are only the hair shafts, while the hair follicles remain in the scalp. In as soon as 2 ½ to 3 months, the new hair shafts will begin to grow in a natural fashion and will continue to grow at the normal rate of ½ an inch to 1 inch a month. Rarely it can take up to 6 to 9 months for all the hairs to grow in.
- * To accelerate the growth of the new hairs I recommend all male patients begin applying 5% minoxidil twice a day starting the tenth day after the procedure. Female patients should use 2% minoxidil. If the minoxidil should cause redness of the scalp, stop using it for one week then resume once every other day. Once the hairs are growing in, at around 3 months, the minoxidil can be stopped, and the transplanted hairs will continue to grow. The occasional patient is sensitive to minoxidil (chest palpitations, lightheadedness, scalp itching) in which case it should be stopped.
- * Be patient for the hairs to grow in. As they emerge from the scalp, occasionally there will be a few acne-like pimples. If this happens, apply warm moist soaks and antibiotic ointment[Neosporine/Betadine] several times a day for 3 days. If not resolved, please call the clinic.
- * You may have your hair cut as soon as the sutures have dissolved. Hair coloring is permitted 3 weeks after your procedure.

Above mentioned instructions, drugs, doses & appointment schedule can vary in individual cases. Always confirm with Dr. Chaudahri

Please do not hesitate to contact me with any questions or concerns. After hours and on weekends, I can be reached by calling 9822058916/020-25432118[Res]. If you are not able to contact me or you are in other town please contact your family doctor/nearest hospital. Please show your discharge summary & operative notes.