



**Hazen Plastic Surgery | Hazen Medical Spa
Dr. Jill Hazen**

Pre-Selphyl™ Hair Restoration Instructions

Our office wants to provide you with the very best surgical care. You can help to minimize the risk of complications by carefully reading and following your pre-operative and post-operative instructions. Ask us to clarify any item about which you have questions:

1. **Do Not Take ASPIRIN** (Anacin, Bufferin, or Baby Aspirin) or **IBUPROFEN** (Advil, Motrin, or Nuprin), or **NAPROXEN** (Aleve) or other Non-Steroidal Anti-Inflammatory Drugs (NSAIDS) similar to these medications, for **TEN (10) days before procedure. Vitamin E, Fish Oils** These substances impair platelet function in the normal clotting process and thus promote bleeding and bruising. It is permissible to take acetaminophen (Tylenol or Anacin-3).
2. **Do Not Drink Alcohol for Two (2) days prior to Procedure**, this may cause excessive bleeding, decreased resistance to infection. Please avoid red wine for four (4) days before surgery in order to minimize bruising.
3. **Diet before Procedure:** You should have a light meal before arriving at the office and avoid caffeine.