



Pre-Operative Hair Transplantation Instructions (Bio-FUT & Bio-FUE)

- Please take blood pressure/cardiac medication as prescribed prior to your procedure. Please consult and obtain approval from your attending physician (Primary Care Provider, Cardiologist, and/or Neurologist) prior to discontinuing the use of any blood thinners.
- Please DO NOT exercise or work out the day of your procedure
- DO NOT take aspirin, anti-inflammatory medications, Vitamin E, garlic, Fish Oils or anything else that thins the blood for 2 weeks before surgery. Many over the counter medications like Advil, Alka-Seltzer, Bufferin, Excedrin, Empirin should also be avoided. If you are not sure, call our office.
- We recommend you start taking 2000mg of Vitamin C daily for 2 weeks prior to surgery
- DO NOT drink alcohol for 1 week prior to surgery. Alcohol can also thin the blood and cause the procedure to be more difficult and lengthier.
- Wash your hair the morning of surgery. Do not use hair spray or any product the morning of surgery.
- If having a Bio-FUT procedure, DO NOT cut the hair on the back of the head shorter than 1 inch in length before surgery. This will make it more difficult to hide the suture line.
- Drink plenty of fluids and eat a normal meal the night before and morning of surgery
- Wear comfortable loose pants and a button-down shirt the day of surgery. Do not wear a T-shirt that is difficult to pull over the head after surgery
- You will be given a sedative to help you relax through surgery, so it is recommended that you have someone drive you home after the surgery.
- Travel Plans: If you are from out of town, please make your plane, hotel, and car reservations early to secure the best rates. If you need help with reservations, we will be happy to assist you.
- If you live out of town it is not recommended that you fly or drive a long distance the night of surgery. It is suggested that you spend the night and return home the following morning.

If you have any questions or concerns, please don't hesitate to call us at 941-867-3376