



Instructions for patients undergoing hair transplant (Please follow the recommendations carefully in your own interest)

Before the procedure

COME DRESSED COMFORTABLY. Never pull any T-shirt or shirt over your head, wear coat-style shirts.

If you would like to have the collection site covered after the procedure, let your hair grow to the length of 4 to 5 cm at the nape of the neck and on the sides.

If you use any medications on a regular basis or if you have any allergies, please inform the doctor.

4 weeks before the procedure:

- do not use products containing minoxidil (such as Neocapil, Regaine)
- do not use vitamin E (food supplements)
- you can continue to use finasteride (Penester); minoxidil can be taken 14 days after the surgery

5 days before the procedure:

- do not drink alcoholic beverages
- do not use vitamin C – it thins the blood and will cause more bleeding during the procedure
- do not use aspirin (acetylsalicylic acid) and other drugs containing this substance (Acylpirin, Anopyrin, Acifein, Alnagon)
- do not use analgesics (NSAIDs) such as Ibalgin, Voltaren, Diclofenac, Brufen

1 day before the procedure:

- do not drink coffee or other beverages containing caffeine (Coca Cola, energy drinks)
- do not drink black tea, juices, carbonated water, alcoholic beverages
- we recommend drinking only pure, non-carbonated water
- wash the hair, do not use any styling

It is necessary to wash hair in the evening before the procedure (due to hygiene and infection prevention). Never put any hair cosmetics like foam, conditioner, hairspray or setting-lotion on hair after this washing.

On the day of procedure:

- **have breakfast but:** do not drink coffee or other beverages containing caffeine, black tea, juices, or carbonated water
- wear a shirt or a button-up shirt (that you don't need to pull over your head)

DURING THE PROCEDURE

The collection site (usually at the nape of the neck) will first of all be trimmed and then we will apply a local anesthesia and collect the grafts as needed. You will lay face down during the procedure.

Once the grafts are collected, you may sit up. Local anesthesia will be applied to the site of the transplant, then openings will be created and grafts will be inserted therein.



Please reserve the whole day for the procedure even though it may only take several hours (depending on the number of grafts).

After the procedure you will be allowed to go home, no hospitalization is needed.

The doctor will take photographs before and after the procedure and will put the photos into your personal file.