

HAIR SCIENCES CENTER PREOPERATIVE INSTRUCTIONS

The following instructions are provided to aid us in making your surgery as pleasant as possible. Please read them carefully and call if you have any questions.

1. Certain drugs and herbs will cause the blood to thin. Please note:

7 days *prior* to your appointment: Stop taking all Aspirin and products containing Aspirin, Ibuprofen and vitamin E supplements (multi-vitamin is ok to use). If you are taking any of these medications on the advice of another physician, check with that physician before stopping any medication. You may take Tylenol/Acetaminophen if needed for pain (if you're not allergic to Tylenol products).

If you are taking any antidepressant in the MAOI family (Monoamine Oxidase Inhibitors), Nitrate or medication with a Nitrate, you must alert our office to discuss the possible interactions with the medications we use during surgery.

3 days *prior* to the procedure: Stop any prescription blood thinners **if authorized by your prescribing physician. We will request that you have a written letter from your cardiologist authorizing you to discontinuing your medications prior to surgery.** Blood thinners include: Warfarin, Coumadin, Miradon, Heparin, and Enocaprin.

If taking Plavix you must stop one week prior to your procedure

2 days *prior* to the procedure: Avoid all alcohol consumption.

2. **Payment for surgery is due on the day of surgery.** We accept cash, MC/VISA/DISCOVER/AMEX or cashier's check. Please call your credit card company several days in advance if your credit card company requires authorization for large purchases.
3. **We do not accept debit cards or personal checks.**
4. Eat a light breakfast the morning of your procedure, we will provide your lunch.
5. Bring an adjustable baseball cap or loose fitting hat to wear home from the office.
6. Wear comfortable clothing and a shirt that buttons down the front (this is so you are not pulling anything over your head after the procedure).
7. We have cable TV, Netflix for movies and Pandora to listen to music of your choice.
8. Please do not bring valuables to the office.

9. If you are having a **traditional strip method or non-shaved FUE (individual hair trim)**. You **must** allow your hair to grow at least **2 inches** on the sides and the back.
10. If you are having an FUE procedure the ARTAS Robot **we** will shave the entire donor area (both sides and back of your head) leaving the hair length 1-2 mm (1/16 to 2-16 of an inch) **Do NOT shave your own head as the length required for the robot to “see” the hair is critical. If you would cut your hair too short we would not be able to perform the procedure.**
11. Shampoo your hair the morning of the procedure to remove all oil, and hair products. Do not apply anything to the hair or scalp after shampooing; this includes medications such as Rogaine.
12. A local anesthetic will be used to avoid discomfort during the procedure. You will also receive a sedative; this means that **you may not drive for 8 hours after sedation**. Please arrange for someone to pick you up and drive you home after the transplant.
13. If you are traveling from more than 100 miles outside the Denver area please contact our office or check our website for our travel program
<http://www.hsccolorado.com/PlanningForSurgery.aspx>
14. 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
15. 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 \$500.00 and we will provide one night's lodging at an HSC-selected hotel. **Instead** of a credit for travel expenses on the surgical fees, patients may choose 100 additional strip grafts or 50 additional FUE grafts (FUE includes SAFE System or ARTAS System procedures) as the reimbursement. 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.

THINGS TO PREPARE FOR:

1. If you are having a **strip method graft harvest or non-shaved FUE (individual hair trim)** you **MUST** allow your hair to grow at least **2 inches** on the sides and the back. The donor area will be prepared by cutting the hair on the strip to be removed to about ½ inch while rest of the hair is left to its normal length. The sedative and anesthetic will be administered and the donor strip will be removed and the donor area sutured. The surgical staff will then dissect the grafts from the donor strip and Dr. Harris will create the sites where the grafts are to be implanted. These sites will dictate how the hair will grow, angles, directions, density, and irregularity/naturalness of the frontal hairline. Once all the sites have been made the surgical team will implant the grafts.

2. If you're having either an ARTAS robotic procedure or an FUE procedure over 1500 grafts the area will be prepared by shaving all of the hair in the donor region to 1-2mm (1/16 to 2/16 of an inch) (think of "Marine boot camp" length). The hair on the top of the scalp may be left slightly longer. **DO NOT SHAVE THE DONOR AREA YOURSELF**, as a very specific length is required for the procedure. There are occasions where a smaller number of grafts are required and a full shave is not required. This possibility will be discussed at the time of the consultation.

3. The sedative and anesthetic will be administered and then Dr. Harris will start the graft extractions using either the ARTAS System or the SAFE System depending on the pre-operative discussions. During this process the patient may be face down on the ARTAS chair or procedure table and this is usually followed by turning the head on the ARTAS chair or rolling onto the patient's side to access grafts on the sides of the head. Once the extraction process is complete Dr. Harris will create the sites where the grafts are to be implanted. These sites will dictate how the hair will grow, angles, directions, density, and irregularity/naturalness of the frontal hairline. Once all the sites have been made the surgical team will implant the grafts.

In the case of FUE procedures requiring more than 2000 grafts the procedure may be performed over two consecutive days.

4. Healing from Surgery: When all the grafts have been planted the donor and transplanted areas will be cleaned and the staff will review the postoperative instructions (including how to wash your hair the day after surgery) and you will be given pain medications and a spray for the grafts. For FUE procedures a dressing will be applied over the donor area. You will then be ready to leave the clinic wearing *your* baseball cap. Our preference is that you arrange for a ride home since you will have received a sedative.

The transplanted area will have crusting or scabbing and may look pink — like a sunburn — for seven to ten days after the surgery. Patients with skin that is

prone to redness may notice a slight pinkness somewhat longer, sometimes in the range of 2-4 weeks. If you had an FUE procedure with a full donor area shave, it will take about 12 -14 days for the donor area to look back to “normal”, like you had a very short haircut. The implanted hairs will grow for two to three weeks then the follicles will go dormant and the transplanted hair will fall out leaving you looking like you did before the surgery.

If you’ve had a strip donor harvest many patients feel like they can return to work the following day, except for the visibility of the scabs in the transplanted area. Patients having this procedure can resume a full fitness and exercise regimen within a week.

If you have had an FUE procedure with a full donor area shave it may take 12-14 days for the entire donor area and transplanted area to look “normal” as the shaved hair will need time to grow. After FUE you can resume full activities starting 3 days after the procedure except for swimming and activities that require a helmet, those can be started after 7 days.

5. Some patients have a tendency for some redness of the skin following surgery. In rare cases we have seen redness last for up to 6 months. Tanning the skin, using a concealer like Toppik or liquid foundation (make-up) may be used to hide the redness.

6. Swelling may occur even though instructions are followed exactly. Some people have softer skin and the swelling may be extensive, please be prepared to deal with swelling. Keep the foam tape that is placed during surgery on your forehead for three days after your surgery (foam tape will not be placed if you had surgery in the crown area only). If you notice significant swelling above the tape you should delay its removal until the swelling is minimal. Follow the instructions regarding placing the ice to the forehead, massaging swollen areas and limiting activities. If swelling is severe, you may be dealing with it for up to one week following the procedure.

7. If grafts are placed into areas that have existing hair, you may experience temporary hair loss (shock loss) in that area. In the majority of patients this loss is not significant; however, in a few cases it can be quite severe. It usually does not occur for 5-6 weeks after the surgery and the lost hair grows back with the transplanted hair about 2-3 months later. **Use Rogaine at least 2 weeks prior to and two weeks after the surgery to decrease the shock loss (if not allergic to Rogaine).** This will be discussed prior to your surgery.

8. Numbness is normal with any incision; therefore, you may experience numbness in the incision/harvested area in the back of your head. Although this usually fades within 2-4 months, some patients experience numbness up to 6 months

9. Hair growth usually occurs along a bell-shaped curve with early growth occurring around the 3rd month. The majority of the growth usually occurs between the 5th to 8 months. Although this is the norm, there are patients who experience delayed growth up to one year later. We will contact you to return for a 10-month follow up appointment to access your new hair growth.

CONSIDER THE TIMETABLE WHEN PLANNING POST-OPERATIVE ACTIVITIES:

ACTIVITY	NUMBER OF DAYS AFTER SURGERY
Pour water from cup over head with patting of small amount of shampoo throughout the graft area and donor area	Days 1-3
Start light circular motion with finger tips when shampooing the graft area	Day 4
Start using Rogaine Foam 5% once daily (if not allergic to Rogaine). Lightly pat the grafted area	Day 3
Remove Foam tape from forehead (if there is significant swelling above tape leave on for one more day).	Day 3
Use of hair dryer, mousse, gels and hairspray	Day 1
Brushing hair non grafted area	Day 1
Normal brushing of hair including the grafted area	Day 7
Intense exercise (running, aerobics, weight lifting) After FUE	Day 3
Intense exercise (running, aerobics, weight lifting) After STRIP graft harvest	Day 7
Swimming, submersing head under water, or activities requiring a helmet (FUE and STRIP graft harvest)	Day 7
Hair cuts	Day 7
Polysporin use for Strip graft harvest use once daily for seven days	Day 1-7
Sun Exposure: protect transplanted area with either a hat or SPF 45 sunscreen spray when outdoors for more than 5-10 minutes	Day 1-14
Sexual activity	No restrictions