

Instructions Before Your FUT Procedure

TWO WEEKS PRIOR TO YOUR PROCEDURE

- **When you receive this package please call our office** to confirm your appointment and verify that we have received your laboratory test results
- If you are taking any **blood thinners**, please let the doctor know **immediately**, as they may represent a contra-indication to surgery. These medications include Plavix, Coumadin and Heparin.
- If you are taking **broad beta-blockers** such as Inderal (Propranolol), please contact Dr. Bernstein as this medication may need to be changed to a select beta-blocker in advance of the surgery.
- **Do not cut your hair within two weeks of your procedure. Please leave your hair at least ½” in length in the back and on the sides to cover the sutures/staples after your procedure.** If there is any question regarding length, it is better to leave your hair on the long side as we can trim it to the appropriate length the morning of surgery.

ONE WEEK PRIOR TO YOUR PROCEDURE

- **Do not take any B or E vitamins for one week** before your procedure this includes any multi vitamins that contain these vitamins, as these will increase bleeding. They can be resumed three days following surgery.
- **Do not take Aspirin or any other anti-inflammatory medications (NSAIDs) for one week prior to your procedure. These can be resumed three days after surgery.** NSAIDs (non-steroidal anti-inflammatory drugs include products such as Advil, Alka-Seltzer, Bufferin, Excedrin, Empirin, Nu-Prin, Motrin, Ibuprofen, etc.) If you are unsure, ask the doctor or your pharmacist.

Other prescription medications (including heart and blood pressure medication) should be taken as prescribed right up to, and including, the day of your procedure.

- **Smoking:** Smoking causes constriction of blood vessels and decreased blood flow to the scalp, predominantly due to its nicotine content. The carbon monoxide in smoke decreases the oxygen carrying capacity of the blood. These factors may contribute to poor wound healing after a hair transplant and can increase the chance of a wound infection and scarring. Smoking may also contribute to poor hair growth. The deleterious effects of smoking wear off slowly when one abstains, particularly in chronic smokers, so that smoking puts one at risk to poor healing even after smoking is stopped for weeks or even months. Although it is not known exactly how long one should avoid smoking before and after a hair transplant a common recommendation is to abstain from **one week prior** to surgery until **two weeks** after the procedure.

THREE DAYS PRIOR TO YOUR PROCEDURE

- **Do not drink any alcoholic beverages** for at least **three days** prior to your procedure.

- For those who routinely dye their hair to hide “graying”, **please dye your hair approximately three (3) days prior to your procedure.** This will make white hair more visible. Be sure to scrub your scalp thoroughly each day prior to the surgery to be certain **the scalp itself is free from dye.**

THE DAY OF YOUR PROCEDURE

- **Shower the morning of your procedure and wash your hair very thoroughly using your regular shampoo.** Do not apply sprays, gels, or any other styling products to your hair. If you wear a hair system, please remove it prior to shampooing and do not wear it before your procedure.
- **Wear loose, comfortable clothing which does not need to be pulled on over your head.** This will prevent dislodging your bandage or damaging your grafts immediately after surgery.
- Please do not wear any cologne or perfume the day of your procedure.
- **Eat breakfast the morning of your procedure.** We will provide lunch. If your surgery is scheduled for the afternoon, have a light lunch before you arrive.
- **Do not drink coffee or any caffeinated beverages on the day of your procedure.** These substances may increase bleeding and your sensitivity to medications used during the procedure.
- You may be receiving medications during the procedure that can make you drowsy. Because of this, **you cannot drive yourself home following your procedure.** Please arrange to have a responsible person drive you to your destination. If you are unable to have someone drive you home after your procedure and you live near our office, we will call a taxi for you and you will be responsible for the charges.
- Please do not bring any valuables to the office on the day of surgery. This includes laptop computers.
- You will be going home with a headband-type bandage covered by a bandana, so it will not be visible. The bandages should be removed just before showering the next morning. After the first shower, no more bandages are need.

If you have any questions, please do not hesitate to contact us at 212-826-2400.