

## Patient instructions

### Before the surgery

You are strongly advised to follow the instructions mentioned below. Failure to do so may increase the risk of an un-successful transplant, infections or other complications.

1. Stop your all medicines, including vitamins, one week before the surgery. Please consult your doctor/GP before stopping if you are using prescription medicines. Stop using Minoxidil (Rogaine, Regain) 1 week prior to the surgery prior to your surgery.
2. No alcohol for 1 week prior to your surgery.
3. Stop smoking from 4 weeks prior to the operation and preferably till full growth of the transplanted grafts. If smoking is not discontinued before and after the operation it may cause poor or no growth.
4. You may have your normal breakfast or lunch at the day of the surgery
5. Come to the clinic with clean hair. No hairspray, hair fibres or other hair products, please.
6. In the clinic your hair will be trimmed to 0.5-1mm.
7. Wear comfortable clothing. A button-up shirt is helpful to avoid pulling anything over your head. Make sure to bring spare button up shirts for the first week post surgery.
8. Please provide a recent test (less than 3 months) for HIV, Hepatitis B and Hepatitis C
9. Bring any outstanding fee if not already transferred before the surgery

## After the surgery

You are strongly advised to follow the instructions mentioned below. Failure to do so may increase the risk of an un-successful transplant, infections or other complications.

### Washing your hair after the procedure

Rinse the recipient-area with running water from an indirect low-pressure shower. The shower should not hit the recipient-area directly. You can apply shampoo by padding it onto the recipient- and donor-area.

### 1st day after FUE

- Shower as above 2-4 times.
- No Aspirin, NSAIDs or alcohol for 3 days
- No smoking until full growth of the transplanted hair.
- No bending over. No exertion.

### 2nd day and onwards

- Shower as above once daily
- From day 4 you may use baby oil, vaseline, Aloe Vera or anti-bacterial ointment in case of itching or dry skin.
- No exercise for the first week
- You may experience some swelling around the eyes 2-4 days after the surgery. It goes away in 3-4 days. This happens for around 15% of the patients.

### 7 days and onwards

- You may engage in exercise activities that involve mild exertion (jogging, bicycling and mild weight lifting).
- You may NOT rub the recipient-area
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### 14 days and beyond

- No restrictions on exercise or physical activities
- You may shower and shampoo your hair with no restrictions

### First 8 weeks

Cover your donor- and recipient-area when in direct sunlight.

**Please write an email if you've any questions after the procedure. In more urgent matters please call**

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