



HAIR TRANSPLANTATION PRE & POST TREATMENT INSTRUCTIONS

PRE- TREATMENT INSTRUCTIONS

You should take care of the following things before the hair transplant surgery

- Stop alcohol intake, at least one week prior to surgery.
- Stop smoking, at least one week prior to surgery.
- Stop hair oil and shampoo your hair regularly.
- Avoid aspirin and pain killers for one week prior to surgery.
- You have to do some normal investigations prior to surgery: HB, TLC, DLC, platelet, random blood sugar, HIV 1&2, Hbs Ag, anti-HCV, PT, a PTT, bleeding time, clotting time.
- Do not shave or trim your head before surgery.
- Please take proper breakfast before coming to the surgery in the morning.
- Tell your doctor if you have keloidal tendency and excessive scarring.
- Wear a front open undershirt and shirt on the day of the surgery.

POST – TREATMENT INSTRUCTIONS

You should take care of the following things after the hair transplant surgery

- Avoid touching or fiddling with the transplanted zone.
- Avoid bumping your head into any external object like a car or a wall.
- Avoid sleeping prone, so that the transplanted grafts are not damaged by pressure/rubbing.
- Spray the saline on the transplanted area at 3 hourly intervals for the first 72 hours post-surgery. Betadine scrub for head wash for the back of head.
- You can wear a loose baseball cap after the surgery or not wear anything on the head at all.
- You can resume your normal physical activity from the next day itself.
- You can start heavy physical exercise after 6-7 days.
- You can start using your normal shampoo (preferably DOVE) after 7 days.

After treatment, if you have any questions, concerns or experience any problems, please contact our clinic at 9871217300, 0124-6614282