



HAIR DOCTOR

NASHVILLE · MEMPHIS · LOUISVILLE

NeoGraft Pre-Op Instructions

Prior to Procedure

- You will need to visit our office for a pre-operative exam incl. blood pressure check prior to your procedure. If you elect not to come to our office for the pre-operative exam and the hair transplant cannot be performed on the day of your procedure because of a medical condition (e.g. high blood pressure) a \$1,000 cost recovery fee will be assessed.
- Your antibiotic should be started one day prior to your procedure according to the directions given.
- Any vitamins or supplements you have notified our nurse of should be stopped if so advised.
- All Aspirin, Ibuprofen, Naproxen, Aleve, Plavix and Phentermine or medications containing these compounds must be stopped 7 days prior to your procedure. All Coumadin/Warfarin must be stopped 5 days prior to scheduled procedure with your Cardiologist's approval. All cardiac patients must have approval from their Cardiologist prior to stopping your Aspirin/blood thinner regimen.
- We will administer a small dose of valium to help you feel relaxed and less anxious. You will need to arrange for a personal driver or rideshare transport (such as Uber or Lyft) to take you home. If you cannot arrange for a driver, you will need to utilize our self-administered laughing gas system, Pro-Nox, which we make available for a fee of \$200.
- No alcohol consumption and no smoking for 7 days prior to your procedure.
- No caffeine the day of your procedure as it increases your blood pressure as well as bleeding.
- A haircut is recommended prior to your procedure. The back and sides need to be cut all the way down with a "0" guard. This can be faded up to 1 inch max. length on top if you prefer to keep a style. You can also choose to buzz your entire head. If the cut isn't quite what it needs to be, we will go over it with our clippers. We run the clippers over the donor area as standard just to make sure it's perfect.
- Procedure Duration and Planning: Procedure times can vary by a few hours based on individual factors. For larger procedures, we suggest making arrangements that cover the possibility of a later finish time into the evening hours. During the second half of your procedure, you'll be able to use your cell phone to keep everyone updated on your progress.

Day of Procedure

- Wash your hair twice and do not use any product such as gel, hairspray, oil, etc.
- Eat a healthy, hearty breakfast (but no coffee or caffeine!)
- Wear a button-down shirt or anything that doesn't require you to pull it over your head.
- Routinely prescribed medications (e.g. for blood pressure) should be taken in the morning as usual unless otherwise instructed.
- Bring ALL medications called in with you to the procedure.
- Pre-operative photos will be taken for your chart only.
- Areas of restoration will be drawn on your scalp for approval prior to beginning.

During the Procedure

- You may bring your own ear buds, iPad, laptop, etc. You will also face our TV during the implantation process.
- Our office will provide lunch and snacks.
- You may use the restroom at any time during the procedure.