



# GENERAL TIPS FOR **HAIR TRANSPLANT**

## Please Read Carefully

- Avoid taking aspirin or any other medication that contains blood thinners for at least 7 days before the operation.
- Avoid smoking for at least 3 days before the operation.
- Limit your intake of coffee and tea for at least 3 days before the operation.
- Do not consume alcoholic drinks, including wine, beer, and liquor, for at least 5 days before the operation.
- Inform your medical advisor of any medications you are currently taking and any medical history you have.
- Inform your medical advisor if you are allergic to certain ingredients or substances, such as penicillin.

## **Critical Tips for the Day Before Surgery**

- Stay hydrated by drinking plenty of fluids such as milk, water, and juice.
- Wash your hair the day before your procedure using the shampoo or hair lotion provided by your surgeon.
- Get enough rest the night before your hair transplant.
- Avoid engaging in strenuous activities or sports that could put you at risk of injury or raise your heart rate or blood pressure. Instead, focus on relaxing and preparing yourself mentally for the procedure.

## Operation Day

- Start your day with a healthy and balanced breakfast to ensure that you have enough energy for the procedure.
- Wear clothing with buttons or zippers that can be easily removed, avoiding any clothes that need to be taken off your head.
- Keep in mind that you won't be able to drive immediately after the surgery due to the local anesthesia used during the operation.
- Stay relaxed on the day of the surgery, as it is a simple and low-risk procedure with no significant health complications.

# HAVE A SAFE FLIGHT!

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