



In order for Anderson Center for Hair to provide you with the highest quality medical care, prevent any delays to your procedure, and ensure your comfort during your procedure, your cooperation with all of these guidelines is crucial. Please call us *any time* at 404-256-4247 if you have any questions or concerns.

Please thoroughly read these instructions. All these factors can affect the outcome of your procedure:

TWO WEEKS PRIOR TO YOUR SURGERY:

- Do not color your hair two (2) weeks before and two (2) weeks after the procedure.
- Avoid these medications for ten (10) days prior to your procedure:
 - All nonsteroidal anti-inflammatory drugs (NSAIDs). NSAIDs include Advil, Motrin, Aleve, Orudis, Ibuprofen, Naproxen, Indocin, Ketoprofen, Naprosyn, Anaprox, etc., which contain or are known generically as **ibuprofen** and **naproxen sodium**.
 - All **aspirin-containing** medications. Aspirin is included in many common drugstores counter products, including Alka Seltzer, Anacin, Bayer, Bufferin, Contac, Dristan, Excedrin, Empirin, BC and Goody's Powder, etc.
 - All **herbs** and other nutritional supplements
 - **Vitamin E** – The amount contained in a multivitamin is ok but avoid additional vitamin E supplementation.
 - You may use acetaminophen (Tylenol and others) as a substitute for minor pains and aches.
- If you are taking prescription medication or over-the-counter medication for a medical condition, you should continue to do so unless told otherwise by Dr. Anderson. It is important you make us aware of all medications, vitamins, and supplements you are taking and their doses prior to your surgery so we can ensure there will not be any unexpected complications.

ONE WEEK PRIOR TO YOUR SURGERY:

- For seven (7) days prior to surgery, wash your hair daily using a dandruff shampoo.
- Stimulants such as Adderall and Vyvanse should be stopped (7) days prior to surgery.
- Do not consume any alcoholic beverages for (4) days before your procedure or the day of your procedure.
- Abstain from all exercise for three (3) days prior to the procedure.
- Maintain a normal intake of food and liquid during the days preceding the procedure. Do not skip meals.
- Remove all nail polish from fingernails prior to your procedure.

- Arrange for a ride home from your procedure.
- Avoid being around anyone who is ill. If you are sick on the day of your procedure we will not be able to perform it.

THE DAY OF YOUR PROCEDURE:

- On the morning of your procedure or prior to your pre-op, do not apply any sprays, gels, or any other products to your hair after showering. If you wear a hairpiece or hair system, please make sure it is removed prior to your morning shower and not replaced before your procedure. **It is crucial your scalp be clean.**
- **Do not skip breakfast** the day of your procedure; eat a large breakfast prior to arriving at the medical facility. Also, DO NOT drink more than 20 oz. of liquid (fruit juice, water, etc.) ☐ **Do not drink any caffeinated beverages on** the day of the procedure.
- Wear comfortable clothing for your procedure. We recommend pants since the OR can be cool. A sweatshirt or **shirt with buttons or a zipper is a must**. You cannot pull anything over your head after your procedure is completed. We will provide you with a shirt to wear during the procedure, but you will need to leave it in a button-up or zippered front shirt so that the grafts are not disturbed.
- Mild sedation will be given to you during your procedure. **You will not be able to drive a car and must have a ride** home or to your hotel after receiving this medication. You may take a taxi if desired, but we will not allow you to drive yourself.
- Cell phones and pagers must be turned OFF for the duration of your surgical procedure. We will secure and store your belongings and return them to you after the procedure.
- You will be given detailed post-op directions on the day of your procedure. One of the technicians assisting Dr. Anderson with your procedure will go over these directions with you and anyone else you wish. We will also call you the day after your procedure to make sure you do not have any questions or concerns and see how you are doing.

Your compliance with these guidelines will affect the outcome of your procedure. If anything is unclear or you have any questions at all, please do not hesitate to call us at 404-256-4247. We want you to have the best possible results.