



AMERICAN MANE  
HAIR RESTORATION CENTER

## Pre-Operation Instructions

Thank you for choosing American Mane for your hair restoration needs. You can rest assured that we'll provide you with the utmost professional and dedicated service throughout the procedure. In case you have any doubts or questions, our team is always ready to help. So don't hesitate to get in touch with us!

Before we proceed, we've put together a comprehensive guide that you might find helpful. Please take some time to go through all of the information provided below, and let us know if you have any questions or concerns.

### Obtain Pre-Operation Medical Clearance

Before you can start a hair restoration procedure, it is mandatory that you obtain pre-operation medical clearance. This includes:

### Get Approval From Your Primary Physician

Before getting a hair transplant surgery, it's important to consider the risks and complications involved. Contact your primary healthcare provider to discuss the procedure and obtain their approval. If you have any health problems or take medications, they'll need to know. Failure to do so may result in the cancellation of your appointment.

You can download the clearance form from our website under patient information and go to any primary care physician you like.

### Purchase Over-The-Counter Medications

To guarantee a smooth and successful procedure, you must purchase the following medication prior to your appointment:

- Tylenol 500 mg
- Aspirin 325 mg
- Sterile Saline Spray

### Complete Your Bloodwork:

In order to get your surgery, you'll be required to complete blood work. Please make sure your bloodwork includes the following:

- CBC (85025)
- BMP (80048)
- HEPATITIS PANEL (A,B,C) (80074)
- HIV (86701)
- PT/ PTT (85610/85730)



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## Please contact our medical team if:

- You use anti-coagulation or other medication
- You are allergic to any medication or substances

## Get Ready For Your Procedure

- Four Week Prior: Do not to bleach your hair or undergo any chemical treatments.
- Three Week Prior: Do not dye your hair and please begin using the recommended shampoo prior to the procedure to prepare your scalp. Name: Vichy Dercos Anti-Dandruff DS Shampoo for DRY hair
- One Week Prior: Avoid taking blood-thinning meds like Aspirin and Omega 3. Additionally, refrain from smoking cigarettes as it can reduce blood flow to the scalp. In addition, stop Minoxidil medications, (other products like finasteride & dutasteride can be continued)
- Three Days Prior: Refrain from drinking alcoholic beverages, herbal teas, and energy drinks. Stop drinking coffee and caffeine-containing products. (Decaffeinated products are permitted)
- Day Of Procedure: To prepare for your surgery, we recommend having a small meal beforehand. However, please refrain from drinking coffee or tea. Bring all medications with you. Make sure not to be under the influence of recreational substances or alcohol prior to the procedure, as we will not proceed with your surgery in that case. Please Refrain from driving after the procedure. Local anesthesia can reduce alertness. Please arrange reliable transportation.

## What Should I Wear On The Day Of My Procedure?

On the day of the surgery, we suggest wearing comfortable, loose-fitting clothing. For your convenience and to avoid any discomfort, we highly recommend wearing a shirt with buttons or a zipper in order to prevent contact with your head after the procedure.

## How Long Will The Procedure Take?

The length of the procedure can vary anywhere between 6-10 hours, depending on the specific technique employed and the number of grafts being implanted.

## Should I Eat Before The Procedure?

Yes! We recommend having a light meal prior to the procedure. This helps keep your energy levels up throughout the day. Please refrain from drinking coffee or tea, as caffeine can interfere with the anesthetic effects.

## Can I Use My Phone Or Speak During The Surgery?

Moving your head is not recommended during the surgery. You should not speak during the surgery or use your cell phone in the room. Any companions will need to wait in the waiting room.

## Should I Cut My Hair Prior To The Surgery?

Nope! Our staff will cut and wash your hair in preparation for the surgery.

We hope you found this information helpful. Feel free to contact us with any questions or concerns prior to your procedure.