

WHAT TO EXPECT THE DAY OF SURGERY AT SHAPIRO MEDICAL

- **Arrival (30 minutes):** You will be greeted by the receptionist who will ask you to select your lunch for the day. Consultant, Matt Zupan, will take pre-operative photos and handle any final paperwork.
- **Meet with Physician (as long as necessary):** You will meet with your physician to review the surgery.
- **General Preparation for Surgery (30 minutes):** You will be escorted back to the surgery room to be prepared for surgery. You may choose to use the restroom at this time, however, you may take a break anytime during surgery. Some of what will happen at this stage includes the following:
 - You will be placed in a surgical gown and asked to sit in the surgical chair.
 - Your vital signs (blood pressure, pulse, and oxygen saturation) will be measured.
 - You will be given pre-surgical medications consisting of an antibiotic, Valium, and Prednisone prior to surgery. If you have questions or are allergic to any of these medications, please call us prior to your surgery.
 - You will be asked to pick out movies you may wish to watch during the day. We have a selection of dvds and videos to choose from, or you may bring in your own dvds or videos to watch. We also have channels such as CNN, Fox, etc. The surgery takes about 6-8 hours. Some patients sleep off and on during surgery due to the effect of the valium, while others stay awake and watch movies or listen to music of their choice. No reading during surgery is allowed.
- **Preparation of Donor Area (15 minutes):** The physician will examine the donor area and mark the exact location and size of the donor strip of hair to be removed. The area, from which the strip will be removed, is trimmed and cleaned. Tape and surgical gauze are used to keep the rest of the hair up and out of the way of the selected donor area.
- **Local Anesthesia for the Donor and Recipient Site Areas (15 minutes):** Surgical assistants will inject the donor and recipient site areas with a local anesthetic. Lidocaine is injected using a very small needle. You may feel a mild stinging sensation with the injection which subsides within a minute. After the initial stinging sensation, the area is numb.
- **Strip Removal of the Donor Area (30 minutes):** The donor strip of hair is removed surgically by the physician, and the area is closed with sutures or staples. You should not feel anything during this process due to the effects of the local anesthetic.
- **Creation of Follicular Unit Grafts:** When the strip is removed, it is immediately given to the surgical assistants to be microscopically dissected into follicular unit grafts. You may see 3-5 assistants cutting grafts with the use of microscopes. If you wish (and some patients do), you will be allowed to watch the graft-cutting process through the microscope to see how perfectly and meticulously the grafts are prepared. This takes 1-4 hours depending on the number of grafts being prepared.
- **Creation of Recipient Site Incisions:** Once the physician finishes closing the donor area, he begins making recipient site incisions. The physician will make all the tiny incisions in which the grafts will be placed. Almost all incisions are made prior to placing the grafts in the incisions. This usually takes 1-2 hours.
- **Lunch:** You will be provided with lunch. Please let us know, in advance, if you have any dietary restrictions.
- **Placing of Follicular Unit Grafts:** After lunch, the surgical assistants will start placing the follicular unit grafts. Most of the placement is done by the technical staff.
- **Completion:** Most surgeries are completed by 6:00 pm. You will be given detailed post surgical instructions. If the next day is a week day, you may return to the office for a hair wash and check up. You will be given an after-care kit containing post-op medications (Prednisone to prevent swelling, and Vicodin for pain), gauze, and a spray.
- **Suture/Staple Removal:** To be performed in 10-14 days, at our clinic, at no charge. If you live out of town, we can arrange for you to have your sutures/staples removed at a hair transplant clinic in your area, if one is available. Or, the sutures/staples can be removed by your private physician or urgent care clinic.