

PRE-OPERATIVE INSTRUCTIONS

- **Do not take aspirin or anti-inflammatory medications like Motrin, Advil, or Ibuprofen, for 14 days prior to surgery.** These medications can thin the blood and cause bleeding during surgery. Many over the counter medications such as Alka-Seltzer, Bufferin, Excedrin, Empirin, etc., contain aspirin and should not be taken prior to surgery. If you are not sure, ask your doctor or pharmacist. As little as one aspirin can thin the blood for up to two weeks. (See list of additional medications to be avoided before surgery, at the end of these instructions).
- **Do not drink alcohol for seven days prior to surgery.** Alcohol can thin the blood and cause the procedure to be more difficult.
- **If you smoke cigarettes, we advise you to stop smoking at least one month prior to your scheduled surgery.** Many studies have shown that cigarette smoking impedes wound healing. In order to ensure the best healing and survival of the transplanted hair we suggest that our patients do not smoke. If you need medical assistance in smoking cessation, one of our doctors will be glad to help you.
- **Do not take Vitamin E or B-complex vitamins for seven days prior to surgery.** These vitamins can thin the blood slightly and cause the procedure to be more difficult.
- **Avoid strenuous exercise and/or heavy lifting one week prior to surgery.** There is some evidence that this can also thin the blood. Light exercise at about 50% of normal is okay before surgery.
- **Wash your hair the morning of surgery.** Do not use any hair products such as hair spray, mousse, gel, etc., the morning of surgery.
- **Do not cut the hair on the back and side of your head before surgery.** This will make it more difficult to hide the suture line. If possible, let your hair grow a little longer in the back (about 2-3 inches).
- **Drink plenty of fluids and eat a light meal the night before, and the morning of surgery.** This will help prevent dizziness and nausea.
- **Do not drink caffeine the morning of surgery.** You will be given something to relax during surgery. The caffeine can work against helping you relax. Decaffeinated drinks are acceptable.
- **Wear comfortable, loose pants and a button down shirt the day of surgery.** Do not wear a tee-shirt, as this is difficult to pull over the head after surgery.
- **Bring a clean or new baseball cap, or similar type of hat to wear home after surgery.** If the cap is not clean or new, there is a possibility that an infection may occur.

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- **You will be given a sedative to help you relax through the surgery.** It will still be in your system after surgery, therefore, you must arrange for someone to pick you up and drive you home after surgery.
- **Prior to surgery, we recommend you have some ice packs or a gel flexible cold pack on hand. The gel flexible cold pack is preferred.** These are to be used on the forehead after surgery.
- **We have a selection of movies you can choose from the day of surgery.** Feel free to bring your own movies if you like; otherwise we provide a good variety of movies you can watch during your surgery.
- **Travel Plans**
 - If you are from out of town, please make your plane, hotel, and car reservations early in order to receive the best rates. We will mail you a hotel list. Sometimes it is better to call the local phone number of the hotel; they will give you our special rate. If you need help with reservations, we will be happy to assist you.
 - If you live out of town, it is not recommended that you fly home, or drive long distances the night after surgery. You should make arrangements to spend the night locally and return home in the morning.
 - NOTE: Please make arrangements for someone to drive you home following surgery, even if you live a short distance from the Shapiro Medical Group clinic.
- **Deposit and Payment Policy.** We require a deposit to hold your appointment. The deposit must be paid when you schedule surgery. It will be credited toward the procedure fee on the day of your procedure. You can make a deposit using a credit card over the phone. We honor Visa, Master Card, Discover, and American Express. You can also mail your deposit in the form of a personal check, cashier's check or money order. Make your check payable to Shapiro Medical Group. Until your deposit is received, the date you have chosen is still considered open and may be taken by another patient. This policy is necessary, as we have five surgical assistants and a surgical room reserved for the time of surgery. If a patient does not keep his/her scheduled appointment, we are still responsible to pay these costs. This surgery deposit is usually non-refundable unless we are notified at least ten days prior to surgery. Under special circumstances we may make an exception to this policy, however, it is determined on a case-by-case basis. Payment is due in full on the day of surgery and can be made by check, cash, or credit card.

Please Review This List of Some Medications to Avoid Before Surgery:

Advil	Bufferin	Easprin	Mediprin	Robasisal
Alcohol	Brufen	Ecotorin	Midol	Rugin
Alka-Seltzer	Cephalgesic	Empirin	Motrin	Sine-off
Aleve	Cheracol	Emprazil	Nalfon	Trandate
Anacin	Cloril	Excedrin	Naprosyn	Trental
Anaproxin	Congesprin	Feldene	Norgesic	Trigesic
APC	Cope	Fiorinal	Nuprin	Trilisate
ASA	Coricidin	4-Way Cold Tabs	Percodan	Vanquish
Ascodeen	Coumadin	Ibuprophen	Persantine	Voltarin
Ascriptin	Darvon	Indocin	Phenaphen	Zorprin
Aspirin	Dolobid	Meclomen	Qualgesic	Dristan