

IMPORTANT PLEASE READ

You are about to invest time and money in your hair grafts. Please follow these instructions carefully.

*Avoid **alcohol, aspirin, ibuprofen and minoxidil** (or similar drugs) for one week before your procedure because this may make you more liable to bleed. It is also a good idea to avoid high dose vitamin and herbal treatments. Paracetamol can be used instead though.*

*Make sure we are aware of **any medications** that you may be on and any serious illnesses or allergies you may have. This includes “recreational” drugs as they can interact with local anaesthetic.*

If you smoke, you should continue smoking as normal, rather than trying to cut down. Also, preoperatively, you should have a cigarette so that you don't have the craving during the procedure.

*On the day, wear comfortable clothes that don't need to be pulled over your head (e.g. **button up shirts** not sweaters). You should bring a **baseball cap** or similar to wear after the procedure.*

*Wash your hair either on the day or the day before and **please make sure you eat breakfast or an early lunch before your procedure** as this will make you feel more comfortable and there is no reason to starve beforehand.*

If you have any queries, please do not hesitate to contact us.