

# BEFORE SURGERY

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Your cooperation is necessary in carefully following all the instructions below. This will allow us to provide you with the highest quality medical care, as well as expedite your procedure for your comfort. Please call our office if you have any questions.

## PREOPERATIVE LAB TESTS:

Blood tests prior to your procedure are sometimes needed, the Doctor will advise you:

- A** HIV, SURFACE ANTIGEN (for Hepatitis B), HEPATITIS C ANTIBODY, VDRL
- B** CBC
- C-1** MALE – Total & Free Testosterone, DHEA-S, Free T3, Free T4, TSH, PSA, IGF-1 (Somatomedin C), DHT, Estradiol, Iron, ANA
- C-2** FEMALE – Total & Free Testosterone, phototyping for xxy, DHEA-S, Free T3, Free T4, TSH, IGF-1 (Somatomedin C), DHT, Progesterone, Estradiol, Iron, ANA
- D** Written pre-op clearance by regular physician
  - The test may be sent to our outside lab, or your personal physician can do it. Lab charge is approximately \$150 for group A and \$300 for group C. If you want to bill your insurance, you need to send the paid lab bill to your insurance company for reimbursement.
  - These tests need to be drawn at least two weeks or more prior to your first appointment for a procedure.
  - If you can have these tests run at your private physician's office or lab, have the physician or lab mail or fax a copy to us. (A fax is preferred; simply call the office for our fax number). It is necessary that your name be on the lab report. If you have Medicare, have your personal MD run the tests.
  - Lab costs are not part of the surgery fee.

## CANCELLATION or NO SHOW POLICY:

Procedures are booked in advance. We must have at least 2 weeks notice if you wish to cancel or change your appointment. The \$650.00 scheduling fee is non-refundable, but will apply if you reschedule.

## DAY OF SURGERY:

- Plan not to work the day of surgery and at least the next two days.
- Shampoo your hair the night before and morning of surgery with Head and Shoulders Smooth & Silky. Shampoo twice. Rub your scalp vigorously while shampooing. Do not put anything on your hair after shampooing.
- Eat a good breakfast or lunch before arriving. Do not fast.
- Arrive at the office a few minutes before your surgery appointment.

## MEDICATIONS:

If you were given prescriptions in advance, bring them with you and use as directed. If not, we will have the prescriptions delivered to our office the day of your surgery or taken to your HMO or pharmacy. Best is to have them delivered as some pharmacies may not have all the needed prescriptions.

## OTHER COMMENTS:

### style-edit

- Sleep elevated the first few nights on two to three pillows and a neck pillow.
- Couvre & Dermatch are scalp masking covers. You may order Couvre by calling 1-800-443-4521. (Useful if you will be on camera.) Style Edit best. Available from Natalie at Soho Salon in Newport Beach (949) 232-7631. Sprays on, dries waterproof.
- You will also need to have stitches removed in approximately 12-14 days at our office, or by your local physician. (FUT only)
- The Hair Transplant procedure will result in crusts on your head for 5-14 days – usually 6.

## CLOTHING:

Wear a button shirt to your procedure. We will provide you with a disposable hat after your procedure. Obtain five (5) other freshly washed hats to wear. You will need a clean hat each day for the next 2-3 weeks. You can purchase a hat frame to wash hats in the dishwasher.

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## **DRIVING HOME AFTER YOUR HAIR TRANSPLANT:**

Pacific Hair advises each patient that it is illegal to drive a car or operate a vehicle under the influence of narcotic pain medication. For a few hours after your hair transplant, the injectable medication given during your procedure generally eliminates all pain. After that, you will probably experience enough discomfort to warrant taking the narcotic medication we prescribe on the first night.

In the event that you need to drive longer than half an hour after you leave our office, you are advised to have someone else transport you to your destination. If this is not possible, we recommend that you obtain lodging near our office.

**Note:** Remember, you will usually need to return to the office 1-3 days later for a checkup. If you have traveled from out of town, please make arrangements to stay overnight somewhere near the office so that it is convenient for you to return the morning after your procedure. A ride can be provided for you, if you call to arrange this in advance with our office. A full hotel list is available by fax from our staff.

## **Smoker's Warning:**

You shouldn't smoke at least ten days before & after your procedure (or just quit). If you smoke, you may develop large crusts in your central scalp, minor infections, minor dents under crusts, slow healing, and slow growth. If you start again, you will slow hair growth. So, at least, minimize your smoking.