

## Kiely Healthcare

### Instructions for Patients Before Hair Transplantation

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The following information is to help you prepare for your surgery. Please read the contents carefully and follow the instructions accurately. Should you have any questions please contact the clinic.

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#### 3 Weeks Before Hair Transplantation

- Stop taking Vitamin E tablets or any multivitamin pills containing Vitamin E – this may effect bleeding.
- If you have not done so already please forward your deposit for treatment.

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#### 2 Weeks Before Hair Transplantation

- Stop taking all blood thinners such as Aspirin and Warfin. If you are unsure of the content of your existing medication(s) please contact Dr. Kiely. If you are taking Aspirin for a heart problem (e.g. Nuseal Aspirin) please contact Dr. Kiely immediately for further instructions.
  - Stop taking anti-inflammatory and anti-arthritis medication, e.g. Brufen, Ibuprofen, Nurofen, Nurofen Plus, Voltarol, Naprosyn, Ponstan etc. If you are taking any of these for health reasons please contact Dr. Kiely for further instruction.
  - Stop taking Minoxidil (Rogaine / Regaine) until after surgery.
  - If you are taking any other medication, please contact Dr. Kiely for further instruction. This includes anti-depressant medication, e.g. Seroxat, Cipramil, Tryptizol, medication for epilepsy, e.g. Epanutin, Tegretol etc.
  - Please complete your Medical Questionnaire. Please forward a copy to the clinic and keep a copy to bring with you on the day of treatment.
  - Read your consent form carefully. Please consult with Dr. Kiely, your own doctor and any other third party if you wish. If you have any questions please contact Dr. Kiely.
  - If for any reason you cannot attend or you need to change your appointment please let the clinic know immediately. Your deposit will be held for your re-appointed date.
  - Do not cut your hair from this point onwards until given further instructions.
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### **3 Days Before Surgery**

- Stop all consumption of alcohol. Alcohol should not be consumed until further instruction is given. (Alcohol may cause bleeding)

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### **The Night Before Surgery**

- Wash your hair thoroughly with a medicated shampoo. Avoid hair gels and waxes etc.
- Go to bed early and have a good night's sleep.
- If you have any questions please contact Dr. Kiely.

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### **The Day of Surgery**

- Wash your hair thoroughly with a medicated shampoo.
- Please eat a good breakfast / lunch before surgery.
- Please arrive on time.
- Please arrange transport to and from the clinic – unless overnight accommodation has been arranged. It is strongly advised that you do not drive for 24 hours after surgery.
- If you have recently been ill or have had a high temperature please inform Dr. Kiely immediately.
- Wear only button-up shirts to avoid pulling any garment over your head following surgery. Wear loose, comfortable clothing. Bring a loose fitting, dark coloured baseball cap to wear after surgery.
- Please notify Dr. Kiely immediately if you have had any change in your health status or any new medication has been started.