

PRE-OPERATIVE INSTRUCTIONS

4 WEEKS BEFORE SURGERY

MASSAGE YOUR SCALP TO INCREASE LAXITY

Massage your scalp in the prospective donor area for 30-60 minutes per day. Massage by firmly pressing on your scalp against the underlying bone with the flat of your fingers, and then trying to move the skin over the bone. Gradually massage the entire hair-bearing rim from ear to ear. The longer you massage, the more lax your scalp will become and the more grafts we will be able to harvest. This is especially important for patients who have had previous hair transplantations.

LET YOUR HAIR GROW

Let your hair grow to a minimum length of 1.5 inches on the back and sides of your head to permit easy coverage of the donor area after surgery.

ARRANGE YOUR ACCOMMODATIONS

If you are travelling from outside of Toronto, please arrange to stay in Toronto the night prior to surgery and for at least one day after surgery. You will need to come to the office the day after surgery, usually in the morning.

DR. MARK UNGER
HAIR RESTORATION

PRE-OPERATION

Dr. Mark Unger
Hair Restoration Clinic

21 Bedford Road, Toronto ON
admin@drmarkunger.com · 416-944-9393
Emergency Phone: 647-985-2377

3 WEEKS BEFORE SURGERY

NOTIFY US ABOUT ANY CHANGES IN YOUR HEALTH

At least 3 weeks before your surgery, inform our office if there have been any health changes since the time of consultation: new conditions, new medications or new allergies.

STOP TAKING ANY HERBAL SUPPLEMENTS

Stop taking any herbal supplements three weeks prior to surgery, since many contain ingredients that can cause bleeding. You can continue to take regular strength multivitamins.

MAKE ARRANGEMENTS TO BE ON TIME

If you live out of town, make arrangements to stay overnight in a hotel near our office as traffic or weather may delay your arrival at our office. The day after surgery do not book your flight before 15:00.

10 DAYS BEFORE SURGERY

STOP DRINKING ALCOHOL

Alcoholic drinks may increase bleeding during the procedure.

STOP SMOKING

Smoking can interfere with wound healing. If you smoke cigarettes, this is another wonderful opportunity to quit. Try to continue smoking cessation until two weeks after the procedure.

STOP TAKING ASPIRIN OR OTHER ANTI-INFLAMMATORIES

These may increase bleeding during the procedure. Anti-inflammatories include medications such as Advil, Ibuprofen, Aleve, Naproxen, Mobicox, Meloxicam, Celecoxib and Celebrex. Medications can be restarted 2 days after the procedure.

CALL THE OFFICE IF YOU TAKE DIABETIC MEDICATIONS OR BLOOD THINNERS

Dr. Unger will provide specific instructions on the management of medications related to these conditions.

NIGHT BEFORE SURGERY

GET SUFFICIENT SLEEP

Get a full night's sleep.

SHAMPOO YOUR HAIR

Shampoo and rinse your hair well. If you have long hair use a conditioner rinse.

HAVE AN ARRANGEMENT IN PLACE FOR PICKUP AND DROP OFF

A parking space is available for this purpose in front of the building (with the name Dr. Cotterill). You may not drive from the appointment so arrange for someone to pick you up.

THE DAY OF SURGERY

EXERCISE

Do not exercise before arriving for the procedure.

EAT A FULL BREAKFAST

Ensure that you have a full breakfast. We will provide a lunch, so please advise us of any food restrictions prior to coming for your appointment.

WHAT TO WEAR

Wear comfortable clothing and avoid tightly fitting tops that must be pulled over your head as these may dislodge your bandage. Button down tops are most practical.

