



Glasgow
Clinic

theglasgowclinic.co.uk

Pre-operative instructions

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 (Not beanies or woolly hats but hoodies can be useful, especially for FUE patients).

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.

Did you know?..
Hair transplant is
the only method
guaranteed to
restore your head
of growing hair