

THE HAIR MISSION

PRE-OPERATIVE INSTRUCTIONS

For FUE (Follicular Unit Extraction) Hair Transplant

To ensure the best results and minimize complications, please carefully follow the instructions below before your procedure:

1. Two Weeks Before Procedure

- **Avoid blood thinners** such as *clopidogrel (Plavix)*, *warfarin (Coumadin)*, *apixaban (Eliquis)*, *rivaroxaban (Xarelto)*, *dabigatran (Pradaxa)*, *aspirin*, *ibuprofen (Advil, Motrin)*, *naproxen (Aleve)*, or similar NSAIDs unless otherwise instructed. If you are medically prescribed a blood thinner, please check with your physician before stopping it. Several antidepressants can also increase bleeding.
 - **Stop supplements that can increase bleeding**, including:
 - Vitamin E
 - Fish oil / Omega-3
 - Ginkgo biloba
 - Garlic supplements
 - Ginseng
 - **Avoid alcohol and smoking.** *These reduce blood flow and impair healing.*
 - **Avoid any hair coloring, chemical treatments, or harsh products.**
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2. 24 Hours Before Procedure

- Do not drink alcohol or caffeine.
 - Get a full night's rest.
 - Avoid any strenuous exercise.
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3. Day of the Procedure

- Eat a **light breakfast** unless instructed otherwise. Avoid greasy or heavy meals.
 - Take all **prescribed medications** unless told otherwise.
 - Wear a **button-up or zip-up shirt** — avoid anything you have to pull over your head.
 - **Wash your hair and scalp** thoroughly with shampoo in the morning. **Do not apply** any hair products (gel, spray, oils, etc.).
 - Bring snacks and water—the procedure can take several hours.
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4. Guardian

- Have arrangements for someone to pick you up and take you home.