



Pre-Operative Instructions for Hair Transplant

Please read carefully and follow these instructions to ensure your safety, maximize graft survival, and promote the best results.

Pre-Operative Bloodwork

All hair transplant patients are required to complete pre-operative bloodwork for safety. Certain medical conditions are unsafe for this procedure. If testing shows an abnormality that increases bleeding risk or affects healing, surgery will be delayed until the condition is treated and stable. Please complete this bloodwork as soon as possible.

Note: Due to the high risk of needlestick exposure during DHI hair transplant surgery, patients with bloodborne infections such as HIV, Hepatitis B, or Hepatitis C cannot be accommodated at this practice. These risks cannot be fully eliminated with technique, protective equipment, or medication. This policy is in place to protect staff and is applied to all patients.

7 Days Before Surgery

- Stop caffeine: No coffee, tea, soda, energy drinks, or pre-workout. Caffeine increases blood pressure, bleeding risk, and reduces the length of time local anesthesia is effective.
 - Stop alcohol: Alcohol can thin the blood and increase bleeding and bruising.
 - Avoid nicotine: Smoking, vaping, or nicotine gum/patches reduce blood flow and delay healing. Stop completely if possible.
 - Stop NSAIDs: Avoid ibuprofen (Advil, Motrin), naproxen (Aleve), and other non-steroidal anti-inflammatory drugs.
 - Stop topical or oral minoxidil (Rogaine) as this can increase bleeding.
 - Stop supplements that affect clotting, such as:
 - Vitamin E
 - Fish oil, flaxseed oil, omega-3
 - Ginkgo biloba, garlic pills, turmeric, ginseng
 - Avoid marijuana products (including edibles and CBD): These may interfere with anesthesia, blood pressure, and bleeding.
 - Plan ahead: Arrange transportation home from the clinic.
 - Please pick your pre-operative medications up at your pharmacy.
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Day Before Surgery

- Begin your antibiotic medication.
 - Wash your hair thoroughly with a mild shampoo. Do not use conditioner, oils, gel, or styling products afterward.
 - Remove all wigs, extensions, or hair systems.
 - Do not shave or dye your hair.
 - Get a good night's sleep.
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Day of Surgery

- Eat a light, healthy breakfast. Do not drink caffeine.
 - Take all of your normally prescribed medications unless instructed otherwise.
 - Continue your antibiotic.
 - Bring a button-up or zippered shirt with you.
 - Bring your medication with you to the clinic.
 - Arrive on time – this is a long procedure (6-10+ hours). Late arrival may be considered a no-show and could result in cancellation of your surgery.
 - Your head (donor and recipient areas) will be shaved for surgery in the manner discussed during your consultation.
 - The procedure is performed under local anesthesia. There is no IV or general anesthesia.
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What to Expect After Surgery

- NO hats, helmets, shower caps, or head coverings for 2 weeks. Wear button-up/zippered shirts only.
 - Expect swelling, redness, bruising, and scabbing for several days. It will be visible and obvious that you had a transplant. Plan work and social activities accordingly.
 - Donor area will be bandaged; you will return the next day for your first hair wash at the clinic.
 - You will receive wound care spray to apply to the grafts and donor area for the first few days.
 - You will receive a shampoo bottle to use for 2 weeks.
 - You will receive antibiotics, pain medication, and anti-inflammatory medication to take at home.
 - No exercise, alcohol, or smoking for 2 weeks.
 - Avoid excessive sun exposure on the scalp for 4 weeks.
 - Avoid swimming (pool, hot tub, or ocean) for 4 weeks.
 - Sleep with your head slightly elevated – a travel pillow is recommended.
 - For 2 months, only cut your hair with scissors. After 2 months, you may use clippers, but do not cut shorter than a #2 guard in the transplanted area for 6 months.
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Hair Growth Timeline

- Weeks 0-2: Grafts are in place; scabs and redness gradually improve.
 - Weeks 2-8: Transplanted hairs fall out (normal and expected). This is called the “shedding phase.”
 - Months 2-4: Dormant phase – scalp looks similar to pre-op; little visible change.
 - Months 3-4: Early new growth begins; fine, thin hairs sprout. Growth may look patchy or sparse at first.
 - Months 5-9: Active growth and thickening; hair becomes thicker, stronger, and more natural.
 - Months 9-12: Continued maturation; noticeable density and texture improvement.
 - Months 12-18: Final cosmetic result achieved. Crown areas may take longer than the hairline or mid-scalp.
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Important Reminder:

- The donor hairs removed from the back of your head will not grow back.
- A hair transplant restores bald spots but does not stop future hair loss. Additional hair loss therapies or additional hair transplant procedures may be needed over time. For ongoing hair-loss management, we recommend **Happy Head** for their high-quality, physician-guided oral and topical treatments designed to slow hair loss and support native hair health before and after transplant.