



## Pre-Procedure Instructions

Thank you for selecting Jae Pak MD Medical for your procedure. Please do not hesitate to contact us if you have any questions: call (424) 388-1234 or email [info@jaepakmd.com](mailto:info@jaepakmd.com)

**Medications:** Please continue to take ALL of your regularly prescribed medications. The only exceptions are Aspirin, Coumadin, Xarelto, or Plavix which can cause increased bleeding. Do NOT take Aspirin 7 days prior to your procedure (if possible). If you are unsure, please speak with your prescribing doctor or Jae Pak, M.D. about continuing its use.

**Food and Beverages:** Do not drink any alcoholic beverages for at least 1 day prior to your procedure. We do not recommend coffee or other caffeinated beverages on the day of your procedure. You may eat a light breakfast on the morning of your procedure. We will provide lunch, so please let us know in advance if you have special dietary needs.

**Smoking:** Smoking causes constriction of blood vessels and decreased blood flow to the scalp, predominantly due to its nicotine content. The carbon monoxide in smoke decreases the oxygen carrying capacity of the blood. These factors may contribute to poor wound healing after a hair transplant and can increase the chance of a wound infection and scarring. Although it is not known exactly how long one should avoid smoking before and after a hair transplant, a common recommendation is to abstain 1 week prior to surgery and 2 weeks after the procedure.

**Hair Care:** Wash your hair thoroughly on the morning prior to or the evening before your procedure. If you dye your hair, color it a minimum of three days before surgery. You can dye your hair again 2 weeks after surgery.

**Clothing:** Wear a comfortable button down or zippered shirt that does not need to be pulled over your head. This will prevent you from accidentally dislodging your bandage or damaging your grafts.

**Transportation:** Please arrange for transportation home after your procedure. You should not plan to drive yourself after your procedure.