



AMERICAN MANE
HAIR RESTORATION CENTER

Pre-Operation Instructions

We are excited that you have chosen American Mane for your hair restoration. We promise to provide the most professional and dedicated service for the procedure.

Our team is ready to answer any questions you may have, so please, do not hesitate to contact us! Before we begin, we have prepared a guide for your convenience. **Please be sure to read all the information below carefully.**

Approval from your primary physician:

A hair transplant is a surgery, and like all surgeries, risks and contraindications are involved. We recommend a complete evaluation by your primary care physician before the procedure: please let us know of any medication used and if any health problems.

You can download the clearance form from our website under patient information and go to any primary care physician you like.

PLEASE MAKE SURE TO SEND US THE RESULTS AT LEAST 3 DAYS BEFORE YOUR SCHEDULED APPOINTMENT DATE. NOT SENDING THE RESULTS ON TIME MAY RESULT IN THE CANCELLATION OF YOUR APPOINTMENT.

Please fill out the prescription before surgery. In addition, please purchase the following over the counter:

- Tylenol 500 mg
- Aspirin 325 mg

Blood test:

We will require a full blood test from all our patients before the surgery. **Please make sure your blood work includes the following:**

- CBC
- BMP
- HEPATITIS PANEL
- HIV PT/ PTT
- COVID-19



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Before procedure instructions:

One week:

- Do not take blood-thinning medications and vitamins such as Aspirin and Omega 3.
- Avoid smoking cigarettes; smoking can decrease blood flow to the scalp. We also recommend avoiding smoking after the procedure, as this might harm the growth of the newly transplanted hairs.

Three days

- Avoid drinking any alcoholic beverages as they may affect the local anesthesia. Herbal teas should not be consumed, especially green tea and energy drinks.

Day of the procedure:

- Eat a small meal before the surgery
- Do not drink coffee or tea
- Take a shower and wash your scalp with regular shampoo
- Bring with you ALL the medication you picked from your pharmacy.

What to wear?

Dress comfortably with loose-fitting clothing, a zipped or button-down shirt is highly recommended as we want to avoid any contact with the head after the surgery.

How long will it take?

The procedure can take 7-12 hours, depending on the number of grafts implanted and the technique.

Can I eat before?

Yes, and we recommend coming on a full stomach as you will not be able to eat during the procedure.

Will I be able to speak during the surgery?

We recommend minimizing any movement of the head, you will not be able to have your cell phone in the room, and any companion must wait outside in the waiting area.

Our staff will wash and cut your hair to optimize your scalp for the procedure's success.