



## PRE OPERATIONAL INSTRUCTIONS

The following instructions are given for proper preparation before the hair transplant operation.

- **BREAKFAST:** In the morning 2-3 hours before the operation you can have a light breakfast. In any case, avoid fasting.
- **COFFEE:** Avoid coffee or other caffeinated beverages the morning before surgery.
- **ALCOHOL:** We recommend avoiding alcohol consumption 48 hours before surgery.
- **SMOKING:** If you are a smoker, we recommend that you limit smoking 2-3 days before surgery.
- **MEDICINES:** If you are receiving medication for any chronic or acute illness, continue to take it normally until the day of surgery. Excludes anticoagulants, aspirin, vitamins and supplements, which are discontinued after consultation with clinicians.
- **CLOTHING:** We recommend that you wear comfortable clothes during the operation. Avoid tight T-shirts or sweaters. Shirts and cardigans are preferable. This type of clothing is recommended for the entire week after surgery.

For any other question or query you can contact our experts.