

PARSLEY HAIR CENTER
WILLIAM M. PARSLEY, M.D., PSC
310 EAST BROADWAY ST. SUITE 100
LOUISVILLE, KY 40202
OFFICE 502-585-5249 FAX: 502-585-5251

INSTRUCTIONS BEFORE HAIR TRANSPLANTATION

10 DAYS BEFORE THE PROCEDURE

1. Stop taking aspirin and any aspirin containing products.
2. No more hair cuts until weeks after the transplant.
3. Make sure you have your pain medication filled.

3 DAYS BEFORE THE PROCEDURE

1. Stop all alcohol consumption.
2. Stop taking Vitamin E.

2 DAYS BEFORE THE PROCEDURE

1. Stop taking Ibuprofen.
2. Stop any anti-inflammatory medication not containing aspirin.

THE NIGHT BEFORE THE PROCEDURE

1. Shampoo with Hibiclens. Leave on 1-2 minutes, then rinse thoroughly **AVOID CONTACT WITH EYES.** Shower with an anti-bacterial soap (Dial or Lever 2000).
2. Get a good night's sleep.

MORNING OF THE PROCEDURE

1. Shampoo again with Hibiclens. **AVOID CONTACT WITH EYES.** Shower again with anti-bacterial soap.
2. Eat a light breakfast. **NO COFFEE.**
3. **WEAR ONLY BUTTON-UP SHIRTS** so we will not have to pull a shirt down over your bandage after the procedure. Wear comfortable clothing such as sweat pants or pull on pants. **If you get cold easily, wear an old shirt than can be thrown away after the procedure.**
4. Have someone drive you and pick you up. (This is required if you want Valium during the procedure.)
5. Bring an old large dark colored baseball cap in case we decide not to use a bandage.

ALSO

1. **NOTIFY US IF ANY NEW MEDICATION IS STARTED.**
2. Be sure we are aware of all your medications - particularly blood pressure, anticoagulants, anti-anxiety, anti-depressant, and anti-psychotic medications.
3. **NOTIFY US IMMEDIATELY IF YOU DEVELOP A SCALP INFECTION, AN INJURY, OR ANY CHANGE IN HEALTH STATUS.**

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OVER THE COUNTER MEDICATIONS WHICH CONTAIN ASPIRIN TO AVOID BEFORE SURGERY

STOP ASPIRIN 10 DAYS BEFORE PROCEDURE

STOP OTHERS 48 HOURS BEFORE PROCEDURE

ALKA-SELTZER EFFERVESCENT PAIN RELIEVER 7 ANTACID (MILES LAB)
ALKA-SELTZER PLUS COLD MEDICINE (MILES LAB)
ANACIN ANALGESIC TABLETS (WHITEHALL)
ANACIN MAXIMUM STRENGTH ANALGESIC CAPSULES (WHITEHALL)
ANACIN MAXIMUM STRENGTH ANALGESIC TABLETS (WHITEHALL)
ARTHRITIS BAYER TIMED-RELEASE ASPIRIN (GLENBROOK)
ARTHRITIS PAIN FORMULA BY THE MAKERS OF ANACIN ANALGESIC TABLETS (WHITEHALL)
ARTHRITIS STRENGTH BUFFERIN (BRISTOL-MEYERS)
ASCRIPTIN
BAYER ASPIRIN & BAYER CHILDREN'S CHEWABLE ASPIRIN (GLENBROOK)
BAYER CHILDREN'S COLD TABLETS (GLENBROOK)
BUFFERIN (BRISTOL-MEYERS)
CAMA INLAY-TABS (DORSEY)
CONGESPIRIN (BRISTOL-MEYERS)
CORICIDIN C'D DECONGESTANT (SCHERING)
CORICIDIN DEMILETS TABLETS FOR CHILDREN (SCHERING)
CORICIDIN TABLETS (SCHERING)
CORICIDIN MEDILETS TABLETS FOR CHILDREN (SCHERING)
ECOTRIN TABLETS (MENLEY & JAMES)
ECOTRIN MAXIMUM STRENGTH TABLETS (MENLEY & JAMES)
EMPIRIN (BURROUGHS WELLCOME)
EN. TAB-650 TABLETS (MAYRAND)
EXCEDRIN (BRISTOL-MEYERS)
EXTRA-STRENGTH BUFFERIN CAPSULES & TABLETS
4-WAY COLD TABLETS (BRISTOL-MEYERS)
GOODY'S HEADACHE POWDERS (GOODY'S)
MIDOL (GLENBROOK)
MOMENTUM MUSCULAR BACKACHE FORMULA (WHITEHALL)
NORWICH ASPIRIN (PROCTOR & GAMBLE)
NORWICH EXTRA STRENGTH ASPIRIN (PROCTOR & GAMBLE)
PANALGESIC (POYTHRESS)
ST. JOSEPH ASPIRIN (PLOUGH)
ST. JOSEPH COLD TABLETS FOR CHILDREN (PLOUGH)
SINE-OFF SINUS MEDICINE FOR TABLETS-ASPIRIN (MENLEY & JAMES)
TRIAMINIC TABLETS (DORSEY)
VANQUISH (GLENBROOK)

ANY IBUPROFEN

PRESCRIPTION BLOOD THINNERS

****IF YOU ARE TAKING ANY OF THESE MEDICATIONS****

STOP THEM 2 WEEKS BEFORE SURGERY

WARFARIN - AKA COUMADIN
HEPARIN
MIRADON
ENOXAPARIN (NEW DRUG)

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THINGS TO REMEMBER AFTER YOUR TRANSPLANT

1. Follow instructions carefully to avoid loss of grafts.
2. Growth will not occur as fast as you would like. In fact, you will probably see no growth before 3-4 months.
3. Growth will not be as thick as you or I would want. Even though we transplanted about 2000 hairs, the top of your head originally had between 30,000 and 100,000 hairs before it began to lose hair.
4. You will not get the maximum benefit from your transplant until 9-12 months after the procedure because the hair must have this amount of time to regrown length and thickness of shaft.
5. Hair loss is a relentlessly progressive process. Therefore, you may need additional replacement procedures in the future to thicken or cover new areas.
6. We are always available to discuss any questions or concerns you may have. Do not hesitate to call. To us, you are the most important person in the world; you are our patient.

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NORMAL ACTIVITIES YOU MAY RESUME AFTER THE NUMBER OF DAYS INDICATED

1. VERY gentle shampooing of hair in the grafted area -----48 hours
2. Careful shampooing of hair in the grafted area ----- 7 days
3. Vigorous shampooing of hair in the grafted area -----14 days
4. Use of aspirin or NSAID products, including ibuprofen ----- 3 days
5. Use of a hairdryer ----- 3 days
6. Use of hairspray ----- 3 days
7. Use of mousse or gels ----- 7 days
8. Very gentle moving and placing of hair around grafts ----- 2 days
9. Gentle brushing of hair in the grafted areas ----- 7 days
10. Return to brushing non-grafted hair zone as usual ----- 3 days
11. Use of hot rollers -----10 days
12. Chemical hair treatments and perms -----14 days
13. Light exercise (walking, etc.) -----24 hours
14. Intense exercise (running, aerobics, etc.) ----- 7 days
15. Swimming and other water sports -----14 days