

## What you need to think of the days before your hair transplant

A hair transplant is a relatively simple operation, but it is still an operation and there are a few things you need to think about before your hair transplant to make things easier for yourself and for the people performing the operation. Here are a few things you should think about in order to prepare yourself for a hair transplant.



### ALCOHOL

Do not drink alcohol up to 48 hours before your hair transplant. Alcohol is blood-thinning and can make you bleed more during the hair transplant.



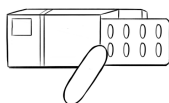
### TOBACCO

Tobacco is bad for the body's healing mechanism and will have an impact on the results of a hair transplant. It is therefore important that you cut down on tobacco a week before the procedure and to stop any form of tobacco usage up to 48 hours before your hair transplant.



### CAFFEINE

Caffeine is blood-thinning in the same way that tobacco and alcohol are. Therefore, coffee should not be consumed up to 48 hours before surgery.



### MORE BLOOD-THINNING MEDICINES

Painkillers containing ibuprofen or omega-3 should not be consumed before the hair transplant.



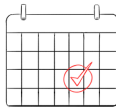
### **DO NOT SHAVE**

Please do not shave before your hair transplant. We would like to see how your hair grows naturally. This is so that we can give you a natural result when we transplant your hair.



### **COMFORTABLE CLOTHES**

Wear a button up shirt or blouse to avoid pulling anything over your head after your hair transplant. You will get a surgical gown the day of the operation at the clinic.



### **A HAIR TRANSPLANT TAKES TIME**

Remember, a hair transplant takes time. Do not book in anything else that day. It might also be nice for you to have a couple of days off the first days after your hair transplant.



### **EAT A GOOD MEAL BEFOREHAND**

Eat a good meal before your hair transplant so that you can keep your energy up during the operation.

If you have any questions about your hair transplant or any questions about what you need to think about before the procedure, please feel free to contact us by phone or by email. You can also stop by the clinic.