

Preparing for Your Hair Transplant

Let's make your experience
comfortable, safe, and
rewarding

FixMy Hair.®



Medication Guidelines

**Avoid Blood Thinners
(1 Week Before)**



Stop:
Aspirin, ibuprofen, vitamin E, herbal supplements.

Allowed:
Paracetamol (if needed).

Pro Tip:
Check with us about prescription medications!

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No Alcohol No Smoking

Skip the Wine &
Cigarettes
(3 Days Before)



Why?

Alcohol thins blood →
Risk of bleeding during
surgery.

Smoking reduces
oxygen to grafts →
Slows healing.

Vaping/Nicotine also
restricts blood flow →
Avoid all forms!

Hair Prep

**Wash Your Hair
(Night Before)**

Use Baby shampoo
avoid conditioner – it
leaves residue

Skip styling products
gels, sprays, oils

**Don't shave/trim your
hair** – your surgeon
needs to assess your
natural hair for optimal
planning.



Skip Hair Treatments

No dyes, bleach, or chemicals 2 weeks prior



Why?

Lower infection risk
Chemicals compromise scalp's natural barrier

Ensure accurate graft placement
No residue = Better visibility for your surgeon

Prevent follicular stress
Let hair follicles rest before transplantation

Dress Comfortably

**Wear Loose, Zip-Up
Clothing**



Do:

Button-down shirts or zip-up hoodies

Soft, breathable fabrics (cotton)

Slip-on shoes (no bending to tie laces)

Avoid:

Pullover shirts (could rub grafts)

Tight collars or hats (pressure on scalp)

Jewelry (earrings, necklaces – gets in the way)

Eat Lightly

**Have a Healthy
Breakfast**

Yes:

Oatmeal, eggs, fruit.

No:

**Greasy/spicy foods
(prevents nausea)**



Skip Caffeine

**No Coffee and Tea
on Surgery Day!**

Reduces bleeding risk
caffeine thins blood

**Keeps Blood Pressure
Stable** for optimal graft
placement

Hydrate instead
with herbal tea
(chamomile) or water



Arrange Transportation

**We suggest you
not drive after surgery**

Book a ride
friend, taxi, or clinic transport

Bring a pillow for the car
Protects your head

Rest is priority!
No errands/stops on the
way home



Get a Good Night's Sleep

Aim for 8 hours
You'll need energy!

Avoid screens 1 hour before bed

Blue light disrupts sleep

Practice relaxation:
Meditation, light reading, or calming music

Avoid heavy meals/coffee
3 hours before bedtime



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Final Checklist (Day Before)

Don't forget!

- ✓ **Confirm Ride**
- ✓ **Wash Hair**
- ✓ **Pack ID, snacks, comfy clothes**
- ✓ **Charge phone/tablet**

