

Pre-operative Instructions

It is essential that you follow these instructions before your surgery:

1. Do not take any kind of sedative or relaxing medication before your procedure. If you take any regular medication it is your responsibility to let us know as soon as possible before your procedure and before we administer you any other medicine.
2. Do not use any anti-inflammatories, aspirin or ibuprofen for 7 days before your procedure.
3. Stop using minoxidil 3 days before.
4. Do not smoke or use tobacco for 24 hours before the procedure. If it helps you can use nicotine patches, gum etc.
5. Do not take any vitamins (especially vitamin E), herbal remedies, fish oil or any kind of supplement for 7 days before the procedure as many of these can increase bleeding.
6. Avoid alcohol for 7 days before the procedure as this can also increase bleeding.

The morning of the procedure wash your hair. Do not apply hairspray, concealers, gels, styling products etc. Wear loose comfortable clothing. Wear a shirt and jacket with buttons or a zip especially to wear after the procedure. It's a good idea to bring a loose baseball cap to cover your head when you leave the clinic. You cannot wear anything tight on your head such as woollen hats or ski hats.

For patient confidentiality and security friends or family members cannot remain in the clinic during the procedure although they are welcome to accompany you in the morning to the pre-op consultation and can return at midday to eat lunch with you. We only provide lunch for yourself so they will have to bring their own lunch if they wish to do this.

You shouldn't drive after your procedure, please ask a friend to drive you, or take a taxi. Flying immediately afterwards is not recommended. We advise you to spend the night in Madrid after the procedure if you need to fly home.

If you have any doubts or questions about these instructions please contact us.

Regards,

Dr Peter J Griffiths BA(Hons) MBBS MSc