

INSTRUCTIONS FOR PATIENTS UNDERGOING HAIR TRANSPLANT

(Please follow the recommendations carefully in your own interest)

BEFORE THE PROCEDURE

COME DRESSED COMFORTABLY. Never pull any T-shirt or shirt over your head, wear coat-style shirts. Jewelry and other valuables can be locked up in a vault at the patient room. Safe is firmly embedded and can not be transferred. The key to the vault you can keep with you throughout your stay with us.

If you would like to have the collection site covered after the procedure, let your hair grow to the length of 4 to 5 cm at the nape of the neck and on the sides.

If you use any medications on a regular basis or if you have any allergies, please inform the doctor.

4 weeks before the procedure:

- do not use products containing minoxidil (such as Neocapil, Regaine)
- you may continue to use finasteride (Penester); minoxidil may be taken 14 days after the surgery

14 days before the procedure:

- we recommend to take nutritional supplement Revitastem Hair (1 ampule daily, content of 2 ml) – *available in our clinic (wash the oral cavity with plain water, then put the content off the bottle into the mouth under the tongue and leave it there for 30 up to 60 seconds, then swallow it, do not drink and eat for 10 minutes)*
- we recommend to apply Panthenol gel (7%) to the both areas (donor and treated area) – apply it every evening and leave there for 20 minutes, wash your hair as needed. Available in pharmacy.

7 days before the procedure:

- do not drink alcoholic beverages
- do not use vitamin C – it thins the blood and will cause more bleeding during the procedure
- do not use aspirin (acetylsalicylic acid) and other drugs containing this substance (Acylpirin, Anopyrin, Acifein, Alnagon)
- do not use analgetics (NSAIDs) such as Ibalgin, Voltaren, Diclofenac, Brufen
- do not use vitamin E (food supplements)
- the procedure avoid hard physical load (sport, fitness) and sun (tanning, solarium) – especially for patients undergoing body hair transplant

2 days before the procedure:

- we recommend to use **homeopathics** ARNICA Homeokomplex or other as recommended by physician 3 times daily 4 granules under the tongue; *(available in our clinic)*

1 day before the procedure:

- do not drink coffee or other beverages containing caffeine (Coca Cola, energy drinks)
- do not drink black tea, juices, carbonated water, alcoholic beverages
- we recommend to drink only pure, non-carbonated water
- do not smoke
- do not apply Panthenol gel

It is necessary to wash hair in the evening before the procedure (due to hygiene and infection prevention). Never put any hair cosmetics like foam, conditioner, hairspray or setting-lotion on hair after this washing.

On the day of procedure:

- **have breakfast but:** do not drink coffee or other beverages containing caffeine, black tea, juices, or carbonated water
- wear a shirt or a button-up shirt (that you don't need to pull over your head)
- **do not smoke before and during the surgery, it is forbidden to smoke anywhere at the clinic and breaking of it will be fined**
- you will undergo the preop check-up at our clinic: the surgeon checks results of your ECG and items in your blood test (blood picture, bleeding and blood clotting). Results done by client's physician or internist sent us before the surgery (by email, post, fax...) are also acceptable
- **before the operation** you will be given premedication, which consists of the so-called mandatory part (antibiotics, anti-bleeding medication, anti-allergy medication, analgetics) and the recommended part (homeopatics and ultrafiltrates – nanotechnological supplements to accelerate healing). We recommend to use all recommended products, we have years of experience with them, they facilitate the healing process greatly.

PAYMENT

After arranging the date of your surgery, you will be asked to pay for deposit 500,- EUR (one day surgery) or 1000,- EUR (surgery for 2 days). It is possible to pay cash or to do a bank transfer (we will give you the number of our bank account on your request). The deposit must be with our bank account not later than 3 weeks before your surgery.

In case you cannot undergo the surgery, the deposit is returnable, but you have to come to our clinic on time on the day of your surgery or to apologize 96 hours before the day of your surgery (you can leave a message in our voice box), otherwise the deposit will not be given back.

DURING THE PROCEDURE

The collection site (usually at the nape of the neck) will first of all be trimmed and then we will apply a local anesthesia and collect the grafts as needed. You will lay face down during the procedure. Once the grafts are collected, you may sit up. Local anesthesia will be applied to the site of the transplant, then openings will be created and grafts will be inserted therein.

Please reserve the whole day for the procedure even though it may only take several hours (depending on the number of grafts).

After the procedure you will be allowed to go home, no hospitalization is needed.

The doctor will take photographs before and after the procedure and will put the photos into your personal file.

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AFTER THE TREATMENT

Never pull any T-shirt or shirt over your head, wear coat-style shirts.

Use the medicine as advised by surgeon (antibioticum, analgeticum).

Usually is used:

- **antibiotics** (for example Roxithromycin tbl.) - 1 tbl á 12 hours is used 2 days after treatment
- **colloidal silver** for external using (natural antiseptic and antibiotic) – sprinkle donor and treated areas with spray 2 times a day and let it dry
- **Novalgin** tbl. (analgesic) – when it pains – 1 tbl.
- **Homeopathic** ARNICA Homeokomplex or other as recommended by physician 3 times daily 4 granules under tongue; (*available in our clinic*)
- nutritional supplement **Revitastem After surgery** for 15 days after treatment (1 ampule daily under the tongue and left there for 30 – 60 seconds, then swallowed) – *available in our clinic*
- nutritional supplement **Revitastem Hair** for 30 up to 60 days after the treatment (1 ampule daily under the tongue and left there for 30 – 60 seconds, then swallowed) – *available in our clinic*

Slight swelling of treated areas is common and goes away with in the first 2 – 3 days we recommend to take at least two cushions for the first week (do not lie horizontal).

Scabs may occur in treated areas, these fall off within two weeks, do not pull them off. You can rub them softly after 7 days to help them to fall away.

You can wash your hair after 48 hours in this way:

fill in the bowl/dish with tepid water and **rinse** your hair, avoid the shower stream, do not scrape, let your hair dry loose, **do not rub**. You can use a dryer with a cold air. From the 4th to the 7th day after the surgery you can use the shampoo mixed separately in water and then you can use a very mild shower stream for cleaning.

In the case of slight bleeding, use sterile gauze for 10 minutes.

To avoid bleeding after the treatment we recommend:

- **the 1st day** – do not drink juice, sparkling water, coffee, black tea and drinks with caffeine, CO2 and vitamin, do not eat citrus fruit
- **the 2nd day** – do not drink alcohol, do not use aspirin and medicine bringing down the blood density (see instruction before the treatment)
- **2 weeks** – avoid hard physical load (work, sport)

If erythema – pain – fester occur, do not touch the areas and contact us.

Major hair amount in grafts **drops out after 2 – 8 weeks**, but it is common; new hair come out in 2 up to 3 months and they then **will not fall out**. Avoid sun at least one month, when staying out for longer time, wear airy cap or straw-hat.

The visit at hairdresser's can be done after 14 days.

To improve healing and accelerate growing we recommend (*available in our clinic*):

- nutritional supplement **Revitastem After surgery – ultrafiltrate** – product based on nanotechnology, prepared from extracts of 4 herbs specifically to accelerate healing and minimize the possible inflammation. It also supports growth of a new blood vessels around implanted grafts. It is taken orally (into mouth), as droplets under the tongue, 1 ampule contains 2 ml of solution; use 1 ampule daily (in the morning before oral hygiene)
- nutritional supplement **Revitastem Hair - ultrafiltrate** – it is prepared from extracts of Camellia japonica leaf, Urtica dioica leaf, Gynostemma pentphyllum leaf, Eclipta alba hassk leaf, Emblika officinalis leaf, Hydrocotyle asiata leaf. Hairgrowth stimulator is nutritional supplement in solution (drops). It is taken orally, 1 ampule contains 2 ml of solution; use 1 ampule daily (in the morning before tooth cleaning), we recommend to use 10 ampules before procedure and 60 up to 90 ampules after procedure for better results; wash the oral cavity with plain water, then put the content off the bottle into the mouth under the tongue and leave it there for 30 up to 60 seconds, then swallow it, do not drink and eat for 10 minutes
- shampoo **BioAroma** – use 2 – 4 times a week for 2 – 3 months after procedure, it contains natural extracts, supportive growing factors and peptide complex