

Pre and Post Operative Instructions for Surgical Hairline Advancement

It is important that you understand the nature, goals, potential complications, and limitations of this procedure which are explained to you during your consultation. Your adherence to the following instructions will help assure you get the very best results. If you have any questions, please do not hesitate to ask.

Pre-Operative Instructions:

- **Avoid excess sun exposure** for two weeks prior to surgery.
- **Take Vitamin C** – 1,000 mg a day for two weeks prior to surgery.
- **Do not take Aspirin** or Aspirin containing medicines, vitamin E, or ginkgo biloba for two weeks prior to surgery and five days after surgery.
- **Avoid drinking alcohol and taking Ibuprofen** for three days prior to your procedure. Ibuprofen can be taken for post-procedure discomfort if needed.
- **Have a light meal the morning of your procedure if it is being performed under local anesthesia with oral sedation. If being performed under intravenous twilight sedation, have nothing to eat or drink after midnight before the surgery, not even a sip of water.** The exception is if you take regular medications, do so with a sip of water, unless instructed otherwise.
- **Do not apply skin moisturizers, make-ups, or hair spray the morning of surgery.**
- **Do not wear contact lenses on the morning of your surgery,** only glasses if needed.
- **Wear comfortable, loose-fitting clothing** with a top that buttons or zips in the front, so it will not need to be pulled over your head.
- **Do not smoke cigarettes for at least one week prior to and one week after your procedure.**
- **Call the office if you have any apparent illness or cold symptoms.**
- **Make necessary arrangements for someone to drive you home** after surgery and if you are having intravenous sedation, to stay with you until at least the next morning.
- **If you are traveling from out-of-town,** please make the necessary hotel, flight, and transportation arrangements. Our office is here to assist you with this and we have a list of recommended hotels that are close to our office. If requested ahead of time, we can arrange for a surgical assistant from the office to stay with you during your first night.
- To reduce the incidence of bleeding during surgery, **Vitamin K**, 50 to 80 micrograms a day, can be taken starting five days before surgery and continuing for two days after.

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Post-Operative Instructions:

- **You can be up and about** as soon as the effects of the anesthesia have worn off. Long periods of lying flat will cause swelling to persist.
- **Sleep with your head elevated on three pillows** for the first three days after surgery.
- **Avoid straining, bending, or heavy exercise** for the first week after surgery. Resume activities as instructed by Dr. Epstein thereafter.
- **Do not remove dressings unless otherwise instructed to do so.** Dr. Epstein will remove your dressing the first or second day after surgery.
- **It is best to start eating mild foods** then progress to your normal diet as tolerated.
- **Sutures will be removed after approximately six days.** Keep incisions moist with antibiotic ointment.
- **Placing an icepack** over the eyes for the first 48 hours may reduce swelling or bruising.
- **You may shower or bathe and wash hair after the dressing is removed.**
- **Hair coloring and permanents** are permitted four weeks after surgery.
- **Continue taking Vitamin C for one week** after surgery. You can resume Aspirin and Vitamin E after one week.
- **Make-up can be work** as soon as two days after surgery.
- **Avoid direct sun exposure** for a minimum of two weeks after surgery.
- **Because of potential temporary loss of sensation** of the scalp, use caution when using hot blow dryers and straightening or curling irons. You may have your hair cut, colored, styled, etc. as soon as two weeks after surgery.
- **Take all medications as prescribed.**

Note the following:

- After surgery, temporary swelling and bruising are expected for at least one week.
- Temporary numbness of the scalp and/or forehead typically occurs and in more cases, the sensation returns in three to six months.
- Be aware that this surgery necessitates making an incision along the hairline. In a very small number of cases, there can be a temporary or permanent loss of hair in these areas.
- The incision along the hairline typically heals as a fine line scar with hairs that can grow through it. Patients are typically socially presentable in five days and with some creative hair styling, the incision is barely visible within 10 to 14 days.
- Patients may experience numbness for several months behind the incision.
- Occasionally this procedure is combined with a browlift when elevation of the eyebrows is desired to create a more youthful appearance.
- Please call the office or Dr. Epstein if you experience elevated temperature, excessive swelling or discomfort, or if you have any other questions.

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Jeffrey S. Epstein, M.D., FACS

The Florida offices of the surgeons of Foundation for Hair Restoration are regulated pursuant to the rules of the Florida Board of Medicine as set forth in the Rule Chapter 64 B8 FAC.

Please do not hesitate to contact the office with any questions or concerns you have. After hours and on weekends, Dr. Epstein can be reached by texting (preferred) or calling (305) 310 – 6361. The entire office staff is here to help you and make sure your procedure course, pre and post, goes as smoothly as your procedure.

IN CASE OF ANY EMERGENCY, PLEASE DIAL 911

***I, _____, acknowledge receipt of three pages of these instructions.
(Print name)***

Patient Signature Date

Witness (print name) Date

Witness Signature Date

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