



Hairfree & Hairgrow
CLINIC

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PRE-OPERATIVE CARE



Kindly use any antifungal shampoo (**TRIATOP OR NIZORAL**) before the procedure (**use it 3 times a week but not more than once per day**).



Avoid wearing T-Shirts, other thermal undergarments that need to wear from the head.



Wear Regular shirts at the time of hair Transplant procedure.



Avoid taking blood thinning medication before 10 days (take advice from Physician about blood-thinning medicines).



Strictly No to oil, spray or hair gel, hair styling product to your hair on the day of surgery.



Shampoo your hair properly before coming for the procedure. Rinse hairs thoroughly and use a clean towel to dry your hair. If you wear a wig, Please remove it prior to your morning shower and not replaced before your procedure. Wear cap after shampoo to keep your hair free of dust.



Avoid smoking/alcohol/ Gutka etc. 7 days before and 7 days after hair transplant procedure.



Stop taking Minoxidil, Finasteride at least 2-3 weeks before going for hair loss treatment.



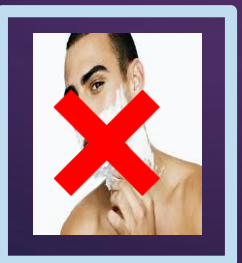
Avoid any kind of exertion and be relaxed, take proper sleep at least one day before the surgery.



Do not come to the clinic empty stomach. Have healthy, digestible breakfast or lunch before the procedure, Avoid spicy food.



Some Test such as blood test, ECG, Blood Sugar Random etc. need to be done before 10 days prior to the hair transplant surgery and shared with respective doctor personally or via email or WhatsApp number.



If you opt body hair transplant (BHT), It's advisable to shave the possible body donor area (chest, pubic, armpit, back, thing) hair exactly 4 days prior to your procedure date.



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POST - TRANSPLANT CARE



Avoid Helmet use, Tight caps, Swimming, Gym for 15 days



Avoid Trimming and colouring dye for 1 month.



Avoid Sweating for the first 15 days



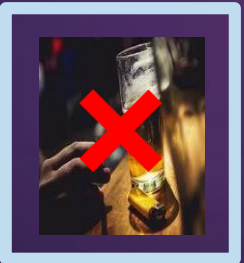
Avoid combing for 15 days



Avoid going out in sunlight



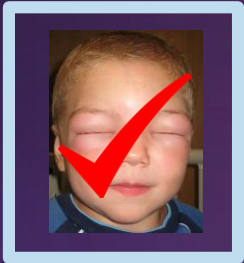
Protect the operated area from dust



Avoid smoking and drinking for 1 month



Avoid taking medication without informing for 1 month.



Swelling on the face for a max of 1 week is normal.



Avoid Scratching



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IMPORTANT INFORMATION TO KNOW

- Do the investigations mentioned by the consultant. You will have to send these investigations on Whatsapp number or by mail at least 3 days prior to your surgery and also carry it along with your self on the day of the procedure and hand them over to the concerned doctor.
- You need to take a Physician fitness certificate stating that, " You are fit to undergo Hair Transplantation procedure under local Anesthesia. The physician fitness report should be procured from an MD Medicine Physician only. This certificate has to be handed over to the concerned doctor on the first day of your procedure.
- We will have to trim your hair for the procedure up to a residual length of 1 to 2 mm.
- After the procedure, a 5-day medication course (prescribed by our doctors) is mandatory to avoid or minimize any infection, pain or discomfort.
- Small black colored blood clots are visible for the first 8-10 days after the procedure at the site of implantation. You can cover these spots by wearing a loose cap.
- You can expect some swelling on and around your forehead on the 2nd day after the procedure which stays for the next 5 to 6 days, Then subsides on its own.

- The days of rest required after the procedure may vary from person to person.
- You are required to bring a copy of your Identity Proof which can be either of the Following:
 - ❑ Pan Card
 - ❑ Passport
 - ❑ Voting Card
 - ❑ Driving license



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HOW DO WE DO PROCEDURE?

- **The pre-procedure photographs:** Your Pre-procedure photographs would be taken for record and documentation purpose.
- **Trimming:** The donor area/ the back side of your head would then be trimmed with the hair trimmer, to assist in better extraction and implantation.
- **Cleansing:** The donor and recipient area would then be cleansed with an antiseptic solution like a povidone-iodine solution.
- **Local Anaesthesia:** The physician would then deliver the specially prepared local anesthesia into the scalp to make the area numb and make the procedure painless by very minute syringes and n very mixture syringes and needles penetrate your scalp.
- **Extraction:** Our states of art customized machine would then help the physician in extracting the desired number of grafts, which are classified as 1,2,3,4 follicular units. The extractor is designed in such a way to deliver the highest precision of depth, speed, angulation and rotation time for the surgeon, therefore delivering the best quality grafts for implantation. These grafts are then instantly transferred to the recipient area

- **Implantation:** Before implantation, the hairline is designed for you and only when you approve the implantation would be started. The recipient area would be cleansed, anesthetized and the grafts would be implanted giving special importance to the angulation, direction and the orientation of the grafts to give you the most natural look post procedure.
- **Cleaning:** Once the whole implantation is done, the whole area is cleaned of all clots and a surgical cap is given.



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- **Post- Procedure:** The consultant doctor then advises you about the post-procedure medications, care, and follow-ups. A post-procedure precautions guidelines sheet would be provided to you. We have a dedicated support number and e-mail address to answer all your post-procedure queries.
- **Time and schedule, In and out information:** A typical session can be about 4000 grafts spread over 2 days or depends on doctor timing, could be completed in a single day as well. Each day lasting about 8 hours. Starts at 9:30 and ends at 5.30 P.M The entire session would be a relaxing experience with soft music and warm hospitality from Hairfree and Hairgrow Staff. There would be typical Indian cuisine lunch and snacks and fruits drinks in between to make the session stress free. Overall you would enjoy both procedures as well as the results.
- **Follow-ups:** Proper follow-ups in person, on phone or e-mail is a must. You should be sending us the photographs by mail or on the phone whenever it is not possible for you to come in person. If you face any discomfort or problems after your procedure you can call us.



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NOTE

- Please feel free to share any medical problems with your doctor in advance to avoid any hassle during the surgery.
- It's advisable, not to carry valuable like gold etc. to the clinic.
- At least one relative/ friend is recommended to accompany the patient.
- It's strictly advised, not to drive and not to drive back home on the day of your procedure.
- The days of rest required after the procedure may vary from person to person.
- You can customize your Hair Transplant, You can decide for yourself for the area where you want the hair transplant done. You can decide yourself as to how many grafts you want in the bald area.