

Canadian Hair Transplant Centre

Your Hair Transplant Day

Before You Come

You should confirm arrangements for someone to pick you up after your hair transplant. It is too boring for others to wait all day at the office, so they should make plans for the day. They must be available by phone, should check in at 1 pm, and must be able to pick you up by 5 pm. When they call we will tell them if we need them to call again or to come earlier or later.

You should wash your hair with your regular shampoo in the morning. Do not use conditioner. Do style your hair because we will be taking photos.

You should eat a good breakfast before coming.

Unless specifically told otherwise, you should take your regular prescription medicines as usual, including Finasteride for men or anti-androgens for women.

On Arrival

Once you arrive, we will confirm your contact information, go over the usual instructions, take your preoperative photos, let you change and use the washroom and get you set-up.

The Beginning Of The Procedure

Dr. Simmons will review the plan with you then mark out the full plan and show it to you for your agreement. At this point most patients will take some sedatives to be more relaxed then the area will be made numb with local anaesthetics. He will likely give you a cortisone injection to reduce post-operative swelling but will discuss this with you first. We will monitor you closely to make sure that you are both safe and comfortable. Once the scalp is numb, Dr. Simmons will start removing the donor strip of skin for FUT or extracting the follicles for FUE. Dr. Simmons will be present throughout the beginning of the procedure.

For FUT, the strip will be handed to the technicians to start the microscope work to prepare follicular unit grafts while Dr. Simmons sutures the edges of the donor skin together. For FUE, the grafts will be extracted and checked and trimmed under the microscopes.

After this is done, you will lean back and relax in the chair and we will start creating the recipient sites and filling them with follicular unit grafts.

You will most likely be awake, comfortable, and talking to us throughout the beginning of your procedure but won't remember much after the plan is drawn because of the temporary amnesia of the sedatives. You will think that you slept through it and woke up after we had already planted some grafts.

Most Of The Day

For FUT, new grafts will be prepared by one team while the previously prepared grafts are planted by another. For FUE, the grafts will either all be removed then transplanted or we may alternate between removing and transplanting groups of grafts. This will continue throughout the day except when you get up for breaks to have lunch, go to the washroom, or stretch.

The staff will also take turns so that they can have appropriate breaks. Dr. Simmons will be actively ensuring that things go according to plan and making any required minor adjustments. He will always be

in the suite and readily available. Dr. Simmons will be present in the surgery room a lot of the time but not all of the time throughout the day.

You may well drift off for a nap in the morning and again in the afternoon but most of the time you can watch TV or DVDs, listen to music, or chat with us.

We will keep you very comfortable throughout your day. We will use a combination of local anaesthetics, sedatives, and pain-killers. We use preventative anti-nausea medicines because of the other medications.

After The Last Graft Is Planted

Once we have checked our work, we will take post-operative photographs and review all postoperative instructions and give you written instructions. At the end of the day, you will feel alert and comfortable and will likely only need a brief recovery time before being driven home.

After the hair transplant, you will have a red/brown dot of blood over each graft. Each graft will have some hair stubble. This can be hidden by a hat that sits off the head (like a ball cap) but you can't wear a soft hat or bandana. You will wear a gauze headband the first night to keep your pillow clean.

After the hair transplant, your reflexes may be slow until your body has cleared out the sedatives and other medicines. You can't drive, operate heavy machinery, or climb for 24 hours. To prevent dislodging grafts and to reduce swelling, it is best to sleep on your back, with a travel pillow supporting your neck, in a reclining chair or patio-lounge chair for the first 3 days. Otherwise, you can use 4 pillows in bed.

Dr. Simmons will call you in the evening to make sure that you are well and that all questions have been answered. You will also have contact numbers for Dr. Simmons.