



## 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.