

## 8. FUE - PREOPERATIVE INSTRUCTIONS

We kindly ask you to follow strictly the instructions below, so that we can offer you optimal medical treatment. If you do not follow these instructions, it is possible that your treatment will be postponed or cancelled for reasons of medical safety.

### Blood test

A blood test is not necessary for healthy and young patients. However, if you are suffering from a significant physical complaint, a blood test is required. If you are having the blood test carried out by your general practitioner, a standard preoperative blood test should be carried out (unless otherwise stipulated by Dr. Feriduni).

### Consumption of alcohol

Three days before the treatment you are advised not to drink alcohol. Alcohol stimulates the blood circulation and oversensitivity to anaesthetics.

### Use of medication

Anti-inflammatory drugs and medication containing 2-(acetyloxy)benzoic acid such as aspirin, must not be taken for 7 to 10 days before the treatment. If you are in any doubt, please ask your doctor or pharmacist for advice. This also applies to stimulant and narcotic drugs. If you are taking anti-coagulant medication such as drugs containing cumarin, or anti-depressants, please tell us during your consultation. Of course, before your treatment, you can also contact the medical secretariat by phone. Please bring your prescription medication with you to the clinic to show it to Dr. Feriduni.

### Smoking

We advise you not to smoke for at least 24 hours before your treatment, because smoking delays healing of wounds, and increases the risk of infection.

### Taking of vitamin B or E

Stop taking vitamin B or vitamin E a week before the treatment, since these products increase blood circulation.

### Use of Propecia

Finasteride is an important supplement to hair transplantation and therefore, you may continue taking it.

### Use of Minoxidil lotion

You may continue using Minoxidil lotion until 1 day before the treatment. 1 to 2 weeks after the treatment you will be able to resume using Minoxidil. Minoxidil lotion contains the ingredient propylene glycol, which can irritate and dry out the skin.

### ARNICA D30

After the treatment, swelling will probably occur on your face, which can last for 5 to 7 days. ARNICA D30 from UNDA can be taken preventively (this makes swelling less pronounced, but is not a miracle cure).

### **Comfortable clothing**

We advise you to wear comfortable clothing on the day of the treatment, which does not have to be removed over the head. For the treatment, you will receive operation clothing and shoes which you will wear during the operation. Please do not bring valuable jewellery or possessions to our clinic on the day of the treatment.

### **Breakfast**

On the day of the treatment, it is advisable to eat a light breakfast, and a lunch is provided during the break in the operation. A good night's sleep before the treatment is highly recommended.

### **Operation time**

For medical reasons, there is a possibility that the time of your treatment will be changed, therefore we ask you to be available by phone on the day before the treatment, and be reachable by phone or maintain contact with us on the day of the operation from 07.00. We thank you for your understanding.

### **Hotel accommodation**

If necessary, we can reserve a hotel room for your overnight stay at the Hassotel with a reduced Feriduni rate. Please notify our clinic in good time if you would like us to make a reservation.

