

## Ladies' Special Instructions for the Hair Transplant Day

In addition to the regular instructions you may find the following useful.

### Clothing

Please wear comfortable clothing. We have gowns but you will likely be more comfortable in your own clothes. For warmth and privacy, you may wish to wear an old brassiere and an old shirt that can be discarded at the end of the day.

You should have a button-up or zip-up shirt to wear home. You don't want to have any clothing that must be pulled on or off over your head.

At the end of the day, you will want to wear a hat that does not touch the grafted area. Ladies' caps are often low-profile hats that would touch the recipient area. You need a firm hat that sits off the scalp, such as a trucker's hat, and it should have an adjustable strap to allow for the headband that you will wear for the first night.

### Make-up

Please do not wear make-up in the morning. In particular, you should not wear mascara or eye make-up because of the local anesthesia. You can apply make-up before you go home if you wish.

### Nails

We will want to monitor your oxygen level with a finger probe from time-to-time and it will not work if you have artificial nails or nail polish. Please remove all nail polish and artificial nails before you come.

### Hair

Please wash and dry your hair the night before and the morning of your hair transplant but do not use any conditioner or hair product. If needed, you can use detangler. If you have long hair, please bring some hair elastics. You can arrive wearing a pony tail but will go home with your hair down.

You can cut, colour, or perm your hair the day before your hair transplant but will not be able to cut, colour, or perm your hair for 4 weeks afterward

If you have any other questions please don't hesitate to call us at 416-924-2482.