



# PRE-OP ORDERS FOR FUE AND FUT

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1. Moderation of alcohol and tobacco intake for 10 days before surgery, (especially the 24 hours before surgery) is necessary.
2. Avoid **aspirin**, ibuprofen (Advil, etc) and naproxen (Aleve, etc) for 10 days prior to the surgery. Only Tylenol can be taken for pain prior to surgery.
3. Avoid vitamin E, fish oil and other non prescription pharmaceuticals. Multi Vitamins are OK. Consult us prior to surgery if you have any questions.
4. Notify us of all prescription medication you are taking, especially blood thinners and heart medications at least 7 days prior to surgery.
5. Be sure to eat a good breakfast on the morning of the surgery. Avoid excessive caffeine and other stimulants e.g. energy drinks.
6. Shampoo hair and scalp before surgery. Avoid hair treatments on the day of surgery.