



## PRE-OPERATIVE INSTRUCTIONS

In order to enable MediKemos Clinic to provide you with the highest quality medical care, the following pre-operative instructions are important for you to follow:

If you are 45 years+ of age, within 14 days of your scheduled procedure date, please provide us with a copy of your ECG test results (the results must not be more than two weeks old).

**14 days before your procedure, stop** taking Aspirin or any other anti-inflammatory medications, such as Ibuprofen, Nurofen etc, as they can thin the blood and cause increase bleeding during your procedure.

**14 days before your procedure, stop** taking tricyclic anti-depressants, MAO inhibitors (Isocarboxazid, Marplan), phenelzine (Nardil, Nardelzine), tranylcypromine (Parnate, Sicoton), Deprenyl, selegiline hydrochloride, 5 HTP, Amitriptyline, Prozac, Wellbutrin, Bupropion, Bupropion HCL, Fluoxetin, EFFEXOR® XR), beta blockers such as Propanolol, blood thinners. There is an **extreme** adverse risk to your health, if you undergo a procedure whilst under the effect of these medications.

**14 days before your procedure, stop** taking any multivitamins including vitamin E and vitamin B, any food supplements or herbal products, such as Gingko, as they can thin the blood and cause increase bleeding during your procedure.

**For an extensive list of medications to avoid prior to your procedure please refer to Appendix A of the Pre-Operative Instructions. If you are still unsure, either ask your doctor or contact us.**

**7 days before your procedure, stop** using Minoxidil (Regaine, Rogaine).

**7 days before your procedure, stop** consumption of alcoholic beverages. Alcohol can thin the blood and cause the procedure to be more difficult.

**3 days before your procedure, stop** smoking tobacco products as smoking will slow down healing.

**3 days before your procedure, stop** using Fenasteride (Propecia).

**On the morning of your procedure,** take a bath or shower and wash your hair thoroughly using a regular shampoo. After shampooing, please rinse thoroughly and use a fresh clean towel to dry your hair.



**On the morning of your procedure, do not** apply sprays or gels to your hair. If you wear a hairpiece or a hair system, please make sure it is removed prior to your morning shower and do not wear it before your procedure.

**On the morning of your procedure,** eat something light (non-greasy) for breakfast to avoid dizziness or nausea. Do not drink any coffee or any other caffeinated beverages as this may counteract the sedative that will be given to you to help you relax.

On the morning of your procedure you are advised to wear comfortable loose trousers and a shirt that unbuttons to avoid accidentally touching your head.

**Please ensure that you have completed the Health Questionnaire and returned it to us at least 2 weeks before the procedure.**