



AMSTERDAM  
HAIR INSTITUTE

**Command (⌘) + F (Mac)**

**CTRL + F (Windows)**

By entering a specific keyword — such as clothing, nutrition, hair length, alcohol, medication, or cutting/trimming — you will be directed immediately to the relevant information.

## Guideline before your hair transplant

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**Vragen over uw herstel of producten?**

Ons medisch team staan voor u klaar.

WhatsApp: +31 6 184 280 01  
info@amsterdamhairinstitute.com  
[www.amsterdamhairinstitute.com](http://www.amsterdamhairinstitute.com)

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This guideline contains important information that you must review prior to your hair transplantation procedure, including the post-treatment instructions.

Please read all information carefully:

- 1 Maintain a hair length of at least 2–3 centimetres or longer prior to the procedure.
- 2 On the day of the procedure, your hair will be shaved by our medical team.
- 3 Please wear loose-fitting clothing that is easy to remove and put on, and that does not come into contact with the scalp (for example, a button-down shirt or a tracksuit with a zipper). We also kindly request that you wear comfortable footwear, preferably slip-on shoes or sandals, in order to minimize bending forward after the procedure.
- 4 Please have a normal breakfast to ensure sufficient energy until the lunch break. We kindly request that you refrain from consuming coffee or herbal tea prior to the procedure. Eating too little may result in feelings of weakness; therefore, please eat as you normally would – neither more nor less.
- 5 If you have any allergies or follow a specific diet, please bring your own lunch with you.
- 6 Please ensure that you are accompanied to and collected from the clinic. Driving yourself after the procedure is strongly discouraged.
- 7 Medications such as antihypertensives, antidepressants, and diabetes medication may be taken as prescribed by your physician.
- 8 Let op: dit geldt niet voor bloedverdunners.

# Essential pre-operative instructions for hair transplantation

- 1 Refrain from consuming alcohol for 3 days prior to the procedure and for up to 7 days following the surgery.
- 2 Refrain from consuming herbal tea for 3 days prior to the procedure (including green tea, as it may have a blood-thinning effect).
- 3 Anticoagulants (blood thinners): discontinue use 10 days prior to the procedure, but only in consultation with your general practitioner or treating specialist.
- 4 Smoking increases the risk of necrosis (the death of a small portion of skin tissue) and delays the healing process. Preferably, cease smoking at least 7 days prior to the procedure. Smoking is strictly prohibited on the day before and on the day of the procedure, as it significantly increases the risk of complications.
- 5 Do not consume coffee or caffeinated beverages (such as energy drinks) on the day of the procedure. These may be resumed after the treatment.

## Medical Conditions

Please always report the following during your consultation:

- 1 Any scalp-related skin conditions (such as dryness, dandruff, scaling, eczema, psoriasis, etc.), both in the past and currently.
- 2 Any medical conditions or other health-related concerns.
- 3 Any medication use (including the dosage).
- 4 Any recent or current infections (such as COVID-19, hepatitis, or other communicable diseases).

If there are any changes in your health status, please inform us in a timely manner.

If, on the day of the procedure, the surgery cannot proceed for medical reasons (for example, due to blood pressure levels that are too high or too low), the procedure may be cancelled, which may have financial consequences for you.

# Scalp conditions prior to treatment

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If you experience any scalp-related conditions, please always inform our medical team in advance.

Two weeks prior to the procedure, you may massage your scalp twice weekly with ketoconazole 2% anti-eczema shampoo (or a medicated shampoo prescribed by your dermatologist). This amounts to a total of four washes over a two-week period.

If symptoms develop during the final week prior to the procedure, you may wash your scalp three times with the anti-eczema shampoo.

During this period, avoid sugar, gluten, dairy products, and any other foods to which you are intolerant.

Possible triggers of scalp conditions (such as acne, psoriasis, or seborrheic dermatitis):

- 1 Food intolerances..
- 2 Vitamin D deficiency.
- 3 Excessive alcohol consumption.
- 4 Stress.
- 5 Irregular sleep patterns.

# Scalp conditions after to treatment

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Use an anti-eczema shampoo (e.g., Nizoral® 20 mg/g) in a dabbing motion from week 2 through week 4, twice weekly.

From week 4 onwards, you may resume washing the scalp using gentle massaging movements.

Please note: if scalp conditions are not adequately controlled, the structure of both existing and newly transplanted hairs may gradually become thinner over time.

In the case of persistent symptoms, please send a photograph and report this to our team via WhatsApp: +31 6 184 280 01.

Two weeks prior to the procedure, you will receive your finalized treatment schedule.

The date and time of your hair transplantation procedure have already been scheduled.

In the event of illness within the medical team, unforeseen delays, or adjustments in the number of grafts required for other treatments, the scheduled treatment time may occasionally be modified one day prior to the procedure. Fortunately, this occurs only rarely.