

HAIRMEX

HAIR TRANSPLANT

PRE-OPERATIVE INSTRUCTIONS

Prepare safely. Arrive comfortably.
Help your procedure go smoothly.

HEALTH UPDATES & APPOINTMENT READINESS

- ✓ Tell HairMex immediately about medication allergies, new symptoms, infections, or any change in your medical condition.
- ✓ If you had a serious medical procedure during the previous three months, send the records as early as possible.
- ✓ Confirm your surgery date, arrival time, location, transportation, invoice, and payment arrangements before traveling.
- ✓ For a long or Mega Session, plan for approximately 8–10 hours at the clinic unless your care team tells you otherwise.

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NIGHT BEFORE & MORNING OF SURGERY

- 1 Get at least 8 hours of sleep so your body and mind are well rested.
- 2 Avoid coffee and other caffeine during the day before surgery, according to HairMex protocol.
- 3 On surgery morning, eat a light, non-fatty breakfast unless the clinic gives different instructions.
- 4 Wear comfortable pants and a button-up or zip-front shirt. Do not wear a pull-over T-shirt.
- 5 Fully charge your phone and bring a charger or power bank for a long procedure day.
- 6 Good examples for breakfast include toast and boiled eggs. Avoid a heavy, greasy, or spicy breakfast.

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FINAL PRE-OPERATIVE CHECKLIST

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|---|---|
| ☐ Appointment date, time, and location confirmed | ☐ Invoice and payment arrangement reviewed |
| ☐ Passport or government-issued ID packed | ☐ All medications, allergies, and health changes disclosed |
| ☐ Medication instructions confirmed with physician | ☐ No alcohol for at least 48 hours |
| ☐ No smoking for at least 24 hours | ☐ Eight hours of sleep planned |
| ☐ Light breakfast planned | ☐ No coffee or caffeine the day before |
| ☐ Button-up or zip-front shirt ready | ☐ Phone fully charged and charger packed |
| ☐ Transportation after surgery arranged | ☐ Questions sent to the HairMex team |

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MEDICATION & SUBSTANCE GUIDANCE

ITEM	TYPICAL HAIRMEX INSTRUCTION
 Blood thinners	Notify HairMex in advance. Aspirin is commonly stopped 7 days before surgery when medically approved.
 Other medication	Disclose all prescription and over-the-counter medications before surgery.
 Supplements	Disclose vitamins, herbal products, and supplements.
 Alcohol	Avoid alcohol for at least 48 hours before surgery.
 Smoking	No smoking for at least 24 hours before and after surgery.



Bring a current medication list.

Include the medication name, dose, how often you take it, and why it was prescribed.

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WHAT TO EXPECT ON SURGERY DAY

 Arrival	Check in on time with identification, required records, and confirmed payment arrangements.
 Review	The medical team reviews your health history, medications, allergies, consent forms, and treatment plan.
 Planning	Your physician evaluates the donor and recipient areas, confirms the graft plan, and designs the proposed hairline.
 Procedure	Local anesthesia is used. The procedure may last most of the day, especially for a Mega Session.
 Breaks	The team will provide appropriate breaks. A light lunch is generally provided around midday.
 Discharge	You receive medication directions and post-operative instructions before leaving the clinic.



Transportation: Arrange a safe ride after surgery. Do not plan to drive yourself if you receive sedating medication or if the medical team advises against driving.

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LOCATION, PAYMENT & CONTACT

TIJUANA PROCEDURE LOCATION



NewCity Medical Plaza - 23rd Floor, Suite 2302
Paseo del Centenario 9580, Zona Urbana Rio Tijuana
Tijuana, Baja California 22010, Mexico

WESTWOOD FOLLOW-UP LOCATION



HairMex Westside Medical Building
1700 Westwood Blvd.
Los Angeles, CA 90024

PAYMENT REMINDERS

- Review your invoice and deposit instructions before the procedure.
- Online card payments may be subject to a processing fee; bank wire or Zelle options may be available.
- If paying the remaining balance in Tijuana, confirm the accepted payment method with your coordinator before arrival.

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