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[Preparing for Hair Transplant Surgery](#)

Hair transplant can make you look younger and more attractive. Your doctor will need to prepare you for the surgery so that you will know exactly what to do to make the procedure go better. If you follow instructions, you will have a much better outcome.

When the doctor sees you a couple of weeks before surgery day, she will go over again exactly what procedure you are getting. The surgery will be explained to you in detail so that it will be fresh in your mind before you make that final commitment. She will go over any problems she sees that might come up during the hair transplant procedure.

Then, you will be given instructions to make your hair transplant surgery go better. Some of the items on the list might seem like the doctor is interfering with your life, but they are truly necessary if you are to get the best outcome.

You will be told to quit smoking, at least until after you have healed from the surgery, if you are a smoker before the hair transplant procedure. This is important because smoking makes you heal slower by inhibiting blood from flowing to your skin.

It may be hard to do, but if you quit smoking just for the surgery, it might not be so hard. Then, once you have done that, you may find that you want to stay off the cigarettes or cigars even after the hair transplant have healed. If not, then at least you will have allowed your skin to heal.

I trust that what you've read so far has been informative. The following section should go a long way toward clearing up any uncertainty that may remain.

You may be given specific guidelines for eating in the weeks leading up to the hair transplant surgery. Excessive drinking may be a problem due to anesthesia and medications you have to take in the course of having your hair transplant done, so you may be asked to refrain from drinking until your head has healed. You may even be told whether or not to take certain vitamins and medications.

The doctor will discuss where your hair transplant procedure will take place. She may even have a nurse or helper give you a tour of the facility. It will most likely be a doctor's clinic or an outpatient surgery center. You will be made to feel as comfortable as possible. Unless you are one of a very tiny group, you will not have to stay in the hospital overnight.

You will have time to discuss anesthesia with the doctor. She will probably tell you that you will be sedated and given a local anesthesia. This will be enough to help you relax and keep pain from being a part of the hair transplant procedure. You will only feel pressure on your scalp.

Finally, you will be told to make arrangement to be taken home on the day of the hair transplant surgery. You will not be fit to drive because of the sedation; at least, it would not be wise to do so. Since you probably need to take it easy the first day or two, you might want to ask someone to stay with you, although that is purely optional.

If you follow all your doctor's recommendations, you will be thoroughly prepared for your hair transplant surgery when the day comes. It is a big deal to you, so you might as well treat it with the seriousness it deserves.

You can't predict when knowing something extra about Hair Transplant will come in handy. If you learned anything new about Hair Transplant in this article, you should file the article where you can find it again.

About the Author

By Anders Eriksson, feel free to visit his Perpetual20 training site for great bonuses: [Perpetual20](#)

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