

# Hair Transplant Consent

The purpose of a hair transplant is to restore hair density and improve the appearance of areas affected by hair loss or thinning, by transplanting healthy hair follicles from a donor site to the recipient area, thereby enhancing aesthetic appearance, self-confidence, and overall quality of life.

## Understanding the Risks and Benefits

I understand the goal of this surgery is to improve hair density. I also understand that:

- Surgery has **no guaranteed outcome**.
- **Risks** may include pain/discomfort, infection, bleeding, reaction to local anesthesia, bleeding, infection, scar, graft failure, hair irregularities, ingrown hairs, change to hair growth pattern, initial hair shock loss, donor site irregularities, incomplete resolution, need for additional hair transplants, poor cosmetic outcome, and need for continued hair loss medication.
- Rare but serious risks include major complications or even death.

## Alternatives to Surgery

I understand that I have options, including:

- No treatment
  - Continued use of hair loss medication
- Each has its own risks and benefits, which have been discussed with me.

## Patient Acknowledgment

I've had the chance to ask questions, and all answers were clear. By signing, I agree to have the procedure done and understand everything explained above.

## Pre-Operative Instructions:

Please adhere to all pre-operative instructions to help ensure a smooth and successful surgical procedure.

- **One Month Prior:**
  - Do not cut your hair short in the back. Leave it at least 1 – 1.5 inches long.
  - If you have high blood pressure, please make sure you take your blood pressure medications daily. If your blood pressure is more than 160 on the day of the procedure the case will have to be rescheduled.
- **Two Weeks Prior:**
  - Stop taking any NSAIDs such as Advil, Motrin, Ibuprofen, Celebrex, Aleve, Naproxen.
  - Avoid alcohol.
  - Discontinue the use of Rogaine.
  - Avoid sunburns, overexposure to sun and tanning booths.
  - Place your hand on the back of your scalp, move it up and down 30 times per minute for 15 minutes. Do this 2 times a day for 2 weeks prior to your surgery
- **Night Before:**
  - Wash your hair with shampoo the evening and the morning of surgery.
  - Do not apply hair spray, mouse or gel.
- **The morning of:**
  - **Wear a button-down shirt to the procedure, do not wear a pullover.**
  - **Pack a lunch or snack and water for the break during the procedure**

## Post-Operative Instructions

Following these instructions will help your healing process and reduce the chance of complications:

## What to Expect After Surgery

- **Bruising and Swelling:** It is normal to have bruising and swelling at the graft site.
- **Minor discomfort:** It is normal to have minor discomfort or pain a few days after graft placement

## When to Call the Office or Visit the ER

- If you have severe pain that is not controlled by the pain medication that was prescribed.
- If you have severe or worsening swelling and bruising.
- If you have severe bleeding.
- If you have fevers above 100.3 F or swelling and redness of the scalp.

\_\_\_\_\_: Patient Initials

## Kevin Caceres, MD

1615 Pasadena Ave South Suite 220 Saint Petersburg, Florida 33707

Phone (727) 870-3223 Fax (727) 870-4223

This is a doctor's office regulated pursuant to the rules of the Board of Medicine as set forth in Rule Chapter 64BB, F.A.C

Patient Name:

DOB:

MRN:

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## Graft Care

- **Bathing:** Normal shower routine may be resumed two days after surgery
- **Avoid Picking or Scratching:** Do not pick at scabs or scratch the incision area, as this can lead to infection and increased scarring.

## Activity Restrictions

- **Rest:** No heavy lifting (over 20 lbs), vigorous exercise, or bending for 2 weeks
- **Return to normal slowly:** Most take about 1 week off work/school
- **No swimming:** Do not go swimming for at least three weeks after surgery
- **No hair dyeing:** Do not dye or color hair for at least three weeks after surgery.
- **No driving** if taking narcotic pain meds

## Medications

- **Prescription pain meds:** Take only as needed.
  - If pain is tolerable, take **Tylenol** instead of the prescription. Follow the Tylenol bottle to dose.
- **Antibiotics:** Take as prescribed and finish the full course.
- **Other medications:** Follow instructions carefully.

## Avoid Smoking & Alcohol

- **No smoking:** Slows healing and increases risks
- **Avoid alcohol:** For at least 2 weeks, as it interferes with healing and medications

## Scar Care (if applicable)

- **Scar treatments:** You may be advised to use silicone sheets, scar creams, or ointments once the incision has healed
- **Massage:** Gentle massage can reduce scar tissue buildup
- **Sun protection:** Keep the area covered or use sunscreen to prevent darkening of the scar

## Follow-Up Appointments

- **Attend all appointments** with Dr. Caceres to monitor healing
- **Report any unusual symptoms:** Redness, warmth, drainage, or worsening pain

## Additional Tips

- Use **ice packs** as directed to reduce swelling.
- Keep your head elevated if recommended.
- Wear loose, comfortable clothing.

## Patient Acknowledgment

By signing below, I confirm that:

- I have read or had this form explained to me
- I understand the risks, benefits, and alternatives
- I agree to follow all post-operative instructions
- I consent to the procedure by Dr. Caceres and his team

\_\_\_\_\_  
Patient / Agent / Guardian Signature

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date Signed

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