



HAIR RESTORATION and Aesthetic Medicine Center

Scott A. Boden, M.D. - Director

Diplomate of the American Board of Hair Restoration Surgery

Date: _____

Dear _____,

This is to confirm your surgery with Dr. Scott Boden on _____ **at** _____ **am.**

PLEASE REMEMBER TO:

1. Please wash your hair the night before and the morning of surgery.
2. **Eat a meal prior to your arrival.**
3. Although not critical, we prefer that you arrange transportation home following your surgery. Some medications that may be used during the surgery may impair your ability to drive. We can modify the medication you receive if you are unable to arrange transportation.
4. Please arrive at your scheduled appointment time. Plan to spend the day with us, so please bring in snacks if desired, we will provide lunch.
5. Wear comfortable clothing and a shirt that buttons down the front. **Do not** wear a T-shirt or clothing that must be pulled tightly over the head.
6. An appointment for suture removal will be made approx. 10-14 days after your surgery.
7. Payment in the form of Cashiers Check, Money Order, Cash, MasterCard or Visa will be expected the day of surgery. **Check should be payable to Scott Boden, M.D., LLC.**
8. You may bring an Ipod, MP3 player, CDs or DVDs.

Please **DO NOT** do the following:

Do Not take ASPIRIN or anti-inflammatory medication (e.g., Ibuprofen, Naprosyn) for 10 days prior to surgery (Tylenol is permitted).

Do Not take VITAMIN E or Fish Oil for a min. of 5 days (Vit. E is present in most multi-vitamins and nuts.)

Do Not use ROGAINE (minoxidil) for 1 day prior to your procedure.

Do Not drink ALCOHOL for 2 days prior to surgery.

Do Not EXERCISE vigorously for 1 day prior to surgery.

You will be receiving a call from us prior to scheduled appointment. If you have any questions regarding your procedure, ***please call Dr. Boden directly at 860-604-4533.***

Enclosures: **Contact information sheet**
 Consent form
 Contract
 Prescriptions (please bring these medications with you.)

Please complete these forms and mail them back in the enclosed envelope so that they arrive at least one week prior to your procedure.