

PROCEDURE PREP

The Day Before Your Procedure

1. Wash your hair (in the evening) **2x** with the shampoo provided by Dr. Elliott
2. Wash your body **2x** with the shampoo provided by Dr. Elliott.
3. Please refrain from the consumption of alcohol
4. Please refrain from taking any anti-coagulants, eg. Aspirin (ASA)
5. Please **do not exercise** for 24 hours prior to your procedure
6. Continue taking Proscar/Propecia/Loniten as normal
7. Please ensure that you have eaten breakfast before arriving at the clinic
8. Please wear a button-front or loose-fitting shirt (nothing that needs to be pulled over your head)
9. Do not use Minoxidil liquid/Rogaine foam until 2 days after your procedure (see Take Home instruction sheet for details)

If you have questions or concerns, please
contact our office at: **(780) 416-8999**