

Dr Vance Elliott MD, CCFP

Advanced Hair

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Synergy Wellness Centre

Sherwood Park, AB

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Shampoo Instructions

Instructions for the day before your procedure

1. Wash your hair (in the evening) twice with the shampoo provided by Dr Elliott
2. Please refrain from the consumption of alcohol
3. Please refrain from taking any anti-coagulants eg aspirin (ASA)
4. Please DO NOT exercise for 24 hrs prior to your procedure
5. **Stop** use of Minoxidil after the morning application
6. Continue taking Proscar / Propecia as normal

Instructions for the morning of your procedure

1. Wash your hair and complete body twice with the shampoo provided by Dr Elliott
2. Please ensure that you HAVE eaten breakfast before arriving at the clinic
3. Final payment (if not already received) will be due at this time
4. Please wear a button front or loose fitting shirt (nothing that needs to be “pulled” over your head)
5. Do not use Minoxidil until 2 days after your procedure (see Take Home instruction sheet for details)

Please do **NOT** exercise for 24 hours prior to your procedure

If you have any questions, please phone the office at (780) 416 8999