



Hair Transplant

What is Hair Transplant



Hair transplantation is a surgical technique that removes hair follicles from one part of the body, called the 'donor site', to a bald or balding part of the body known as the 'recipient site'. The technique is primarily used to treat male pattern baldness. In this minimally invasive procedure, grafts containing hair follicles that are genetically resistant to balding (like the back of the head) are transplanted to the bald scalp.






Hair transplantation can also be used to restore eyelashes, eyebrows, beard hair, chest hair, pubic hair and to fill in scars caused by accidents or surgery such as facelifts and previous hair transplants. Hair transplantation differs from skin grafting in that grafts contain almost all of the epidermis and dermis surrounding the hair follicle, and many tiny grafts are transplanted rather than a single strip of skin.



Hair Transplant

Causes grades of Hair Loss



 Type I	 Type II "1400 - 1600 grafts"	 Type IIa "1400 - 1600 grafts"
 Type III "2200 - 2700 grafts"	 Type IIIa "2200 - 2700 grafts"	 Type IIIv "2200 - 2700 grafts"
 Type IV "3000 - 4000 grafts"	 Type IVa "3000 - 4000 grafts"	 Type V "4000 - 6000 grafts"
 Type Va "4000 - 6000 grafts"	 Type VI "6000+ grafts"	 Type VII "6000+ grafts"

Causes of Hair Loss

- 1 Age
- 2 Alopecia Areata
- 3 Childbirth Illness
- 4 Stress
- 5 Hair Care
- 6 Hormonal Imbalance
- 7 Scalp Infec on

Types of Hair Transplant



FUT : Follicular unit transplantation

It is the traditional hair transplant method which involves extracting a linear strip of hair bearing skin from the back or the side of the scalp. The strip is then dissected to separate individual grafts. It has a disadvantage that it causes a long scar but is less time consuming.



FUE : Follicular unit extraction

It basically involves three steps:

= Graft extraction = Creation of recipient sites = Graft implantation

We generally prefer using FUE technique over FUT technique as it does not cause scarring but this technique is very time consuming. In 90% of the cases we perform this technique only.

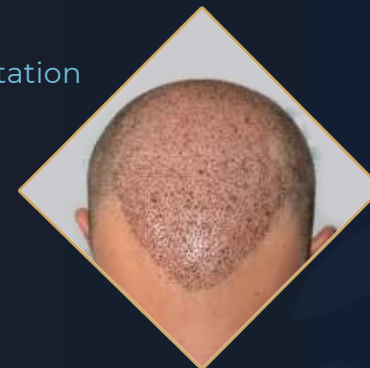
DHT : Advanced form of FUE technique also known as Direct Hair Transplantation

This technique is like FUE only but the sequence of steps changes in this procedure.

The three steps involved in this procedure in sequence are -:

= Creation of recipient sites = Graft extraction = Graft implantation

In this technique there is no need of storing the grafts in any storage solution like chilled-ringer lactate, normal saline or platelet rich plasma unlike in the standard FUE procedure.



PRP (Plasma)



PRP (Platelet-Rich Plasma) therapy for hair loss is a three-step medical treatment in which a person's blood is drawn, processed, and then injected into the scalp.

PRP injections trigger natural hair growth

Step 1

Your blood is drawn — typically from your arm — and put into a centrifuge (A machine that spins rapidly to separate fluids of different densities).

Step 2

After about 10 minutes in the centrifuge, your blood will have separated into three layers:

Platelet-poor plasma

Platelet-rich plasma

Red blood cells

Step 3

The platelet-rich plasma is drawn up into a syringe and then injected into areas of the scalp that need increased hair growth.





Q-1 :-When a patient asks that If you have done my hair transplant , what if my hair does not grow after the procedure or what if my hair falls again?

Ans : a.) We have to inform the patient that according to WHO we take the grafts from your donor area and that area is not affected by the androgenic hormones like DHT (Dihydrotestosterone), DHEA (**Dehydroepiandrosterone** also known as **androstenedione**) , {Testosterone gets converted into DHT which ultimately causes hair loss}.

For Example : You must have seen a lot of males in villages who lose all their hair except one chunk/ strap of hair present in the occipital region, we call this area as the donor site and the grafts are extracted from this region for the hair transplant procedure.

NOTE:

1. 1 Graft produces 2–5 hair.
2. We cannot take anyone else's grafts.
3. Beard grafts : - 1 graft produces 1 hair.
4. Approximately 700 to 1000 grafts can be taken from beard.

b.) The conditions in which the hair does not grow, we generally perform the tests before the procedures to confirm that they do not preexist in any patient. The tests necessarily performed before the hair transplant procedures are:

= **SCALP FUNGAL INFECTION TEST:** To check for any superficial or deep fungal infection.

= **DIABETES :** If RBS is >200mg/dL, we cannot perform the procedure as the healing will not be proper which will cause problem with the graft stability and in turn hair growth will be affected.

= **CBC :** The normal value of:

Red Blood Cell	In men: 4.32-5.72 million cells/mcL In women: 3.90-5.03 million cells/mcL
Hemoglobin	In men: 135-175 grams/L In women: 120-155 grams/L
Hematocrit	In men: 38.8-50.0 percent In women: 34.9-44.5 percent
White Blood Cell Count	3,500 to 10,500 cells/mcL
Platelet Count	150,000 to 450,000/mcL

= **CT/BT :**

Clothing time: Normal values -: 8 -15 minutes.

Bleeding time: Normal values -: 2- 7 minutes.

= **Chronic Disease:**

Hepatitis B, TB, HIV, LFT, KFT all the tests should be negative and these diseases should be absent.

If any of the tests comes out to be positive, we will correct them first and then will proceed with the procedure.



Q-2: Does hair transplant cause any pain, scar, swelling, infection or side effect?

Ans : a) No, it does not cause pain as we use LA [local anesthesia].

The procedure is performed in the vigilance of anesthetic, in case, if allergy is seen in the patient on the tested area we will not perform the procedure or we will use the replacement of the drug.

We will only prick the donor area and the areas from where the grafts need to be taken for injecting LA.

b) No scar formation as there will be no tearing or cutting. After healing, the small pores performed during the surgery will heal.

It takes approximately around 48 hours to heal properly.

c) No chances of infection as we clean it with the Betadine solution.

d) Minor swelling persists on head which usually subsides within 72 hours of the surgery. We usually provide a band to the patient to control the swelling.

e) The side effects that may usually occur are already ruled out in the presence of the Anesthetic.

Q-3: Which is the best suitable area for hair grafts?

Ans : Grafts are taken from the donor area (i.e. from the posterior region of the scalp) as there are no hormonal effects on that area.

The grafts can also be taken from the beard as the nerve supply of beard and that of the scalp is similar. We try to take the grafts first from scalp and if we do not get sufficient grafts from the scalp area then we extract the grafts from the beard area and we may also check for the healthy grafts in the other regions like chest and the pelvic region.

Q-4: If patient asks you that what if I develop brain infection or cancer after the procedure?

Ans : Our brain is present in the calvarium (brain box) and all the nerves and blood vessels run under the skull bone but in the procedure we work superficially on scalp so there is no chance of developing cancer or brain infection.

Example :

As children, a lot of us have had superficial head injuries but we do not develop cancer or brain infection. Likewise, we do not develop any brain infection or cancer after this hair transplant procedure as we are working on the superficial fascia 7-8 mm below the skin. Earlier, when this technique did not come into practice and artificial hair were used for the transplant procedure which in turn were responsible for the harmful radiations causing cancer but now a days as hair transplant is done using your own hair grafts there is no such possibility.

Q-6: What if the patient wants to get the procedure done but their family members are not allowing them or refusing them for the procedure?

Ans : We need to tell the patients that our family and friends want that we should always be at 0% risk and they do not have a lot of idea about the surgery and that is why they get worried. But there is nothing to get worried about the surgery because it is a minor surgery wherein No risks are involved and additionally no rest is required. And that you have to convince your family and friends. Some of the major benefits that you will get after the surgery are you look much younger than your age and you will get more confident about yourself. There will be a major boom in your personality. You can tell your family members about all the benefits but if still they have some doubts you may get them here and we will tell them about the complete procedure. You may also have a word with our patients regarding the procedure. He will help you out with all the queries.

We have a team of :

1 Dermatologist - Dr. Bindiya Bansal

2 Dermatologist - Dr. Ar

1 Surgeon - Dr. Vikas

Cosmetologists :

As we told you that we work on 0% risk and you also don't need to get admitted in the hospital.

Q-7: If the patient says that if I will get it done later?

Ans : You will tell the patient that as you will get late, number of grafts in the donor area tends to reduce and the alopecia/ baldness keeps on spreading further. There is a reduction of around 200-300 grafts per month. So, later on if you plan to take the hair transplant procedure, you will have lesser grafts and hence lesser density.

For example :

If we can extract around 5000 grafts from your donor area so we will be able to provide you a good density but if you come after 3 months approximately around 600 grafts will reduce and ultimately reduction of approximately 3000 hair strands (600*5).

As the area of alopecia increases, the number of grafts required for good density increases, and hence the cost of the hair transplant procedure increases.

Q-8: What medicines are taken and for how long do we need to take the medicines and are there any side effects of the same?

Ans : Just immediately after the hair transplant for 5 days the medications provided are :-

- = Antibiotics (Augmentin/ Amoxiclav – 625 mg)
- = Pain Killers (PCM)
- = Steroids (Dexamethasone)

After 14 days :

- = Minoxidil : 5% lotion (Vasodilator -> no side effect); vasodilator increases the blood circulation/ supply.
- = Follhair Capsule : Which includes
 - = Biotin
 - = Multivitamin
 - = Multiminerals
 - = Amino Acids
- = Finasteride – 1 mg (Minor side effect- It decreases the male sex hormone and also decreases the sperm quality);
if you do not want to take this medicine then you may use it along with minoxidil. Minoxidil +Finasteride combination.

NOTE :

If in a woman hair fall increases; we do not prescribe finasteride to them.

Minoxidil – has 5% drug and 95% alcohol; which increases the burning sensation of the scalp and hence increases the blood supply.

Minoxidil was earlier used as Drug of choice for hypertension but it started increasing the unwanted hair.

Drugs for 3 months :

- = Minoxidil: - It dehydrates scalp so it may cause dandruff/ dead skin we provide sulphate free shampoo for that and may also cause heaviness in head due to the increased blood supply and if you apply something topically, it does not show any systemic side effects.

NOTE:-

Things that we use for a longer time causes side effects.

Q-9: What precautions need to be taken after the transplant surgery?

Ans : Precautions that need to be taken after the transplant surgery are:-

- = You do not have to wear the helmet for 4-5 days and you strictly do not have to travel by bike.
- = You have to abstain from doing heavy workouts, abstain from having sex for at least 7 to 10 days.
- = Avoid sleeping flat for at least 7 days.
- = Avoid drinking and smoking for at least 7-10 days.
- = Avoid having any sorts of fast food or sodas for at least 7 days.
- = Do not forget to wear your surgical cap whenever going out.
- = Strictly, avoid wearing T-shirts.
- = Have to take shower below the head region for 5-6 days. For the transplanted region, we will give you a solution (Normal Saline) to pour on this transplanted region.
- = Try to sleep on the opposite side of the bed so that nothing touches your head (not even wall) as if something touches your head, the grafts might get damaged.

NOTE: It takes approximately around 72 hours for the grafts to get stable.

Q-10: What type of diet should be consumed after the hair transplant procedure?

Ans : The diet to be consumed after the transplant should be rich in protein and vitamin C.

- = Indian gooseberry (AMLA) - two times a day from amla marmalade.
- = 200g of paneer – 2 times a day/ Fish / 5 eggs/ white meat/ red meat or any other protein rich food – 2 times a day.
- = Milk, Curd, Buttermilk and all the other dairy products.
- = Green vegetables
- = Fruits like Apple, Pomegranate and other seasonal fruits.
- = Soya Bean, Tofu, Tofu Paneer, Black Eyed Beans, Broccoli, Chickpea, Green Chickpeas etc.

Q-11: If a patient asks why should we come at your clinic?

Ans : We have to tell them that:-

- = We have a chain of clinics i.e. in Jaipur - Vaishali Nagar, Bani Park, Gujarat - Junagadh.
- = We have a team of specialists.
- = We are India's most growing Hair Transplant Centre.
- = You visit our clinic and get treated here because of :-
 - = Good Infrastructure.
 - = Maintain a good level of hygiene.
 - = Have well specialized team.
 - = Have advanced technology.
 - = Side effects – 0% ,
 - Results- 100

Q-12: How many grafts / hair will be grafted?

Ans :

- = Front head – 2500-3000.
- = Middle head – 1000
- = Vertex – 1500-3000
- = Crown – 500-2000
- = Extended Crown – 1000

NOTE:

- 1.) If a patient has a healthy donor site, we can take 4500 – 5000 and that too in the patients who have hair on their crowns and extended crowns and their anterior region is devoid of hair.
- 2.) If someone's frontal head, middle head, crown, extended crown does not have hair we can take approximately around 3000-3500 from the donor site (because the donor site is weak).
- 3.) If Frontal head is only devoid of hair; the grafts needed would be 3500.
- 4.) We can cover frontal head and middle portion at one time; if someone has extended alopecia. If crown and extended crown we will do the hair transplant procedure in two halves, first we will do the transplant procedure for the frontal head and the middle portion and later on after 6 months we will do it for the crown and extended crown.
- 5.) If in case the donor area is strong, but there is alopecia in the frontal region, middle portion and is extended to the crown region then the number of grafts for each area would be:-
 - 1.) 3500 in the front head and the middle region.
 - 2.) 1000 in the crown region.

Q-13: After how long the hair starts growing? Where do we make the hair line for the procedure?

Ans : It takes approximately around 60 to 90 days for the hair to grow. We tell the patient to frown and then we mark the hair line in a pattern resembling the letter "M" at the point where the frowning ends, the hair line is marked. Hair line is generally marked in a zig zag manner to give it a natural look.

Q-14: Advantage of PRP, Procedure of PRP, What is derma roller?

Ans : PRP: Protein rich Plasma :

To produce a PRP, we take a blood sample and put it into a machine called a centrifuge. This machine spins at a rapid rate, which separates the components of the blood. We then extract the platelets from the injection. PRP contains a range of growth factors and proteins that speed up tissue repair.

As some types of hair loss result from damage to hair follicles, researchers initially hypothesized that PRP could help regrow hair by reversing the process that occurs in androgenic alopecia. As plasma contains stem cells and growth factors; these stem cells have the capacity to reactivate the hair bulb again and hence the regrowth of the hair. The blood supply also increases of the area where these growth factors are injected which leads to hair regrowth.

PRP Procedure:



The following steps are an example of a common approach to PRP injections for hair loss:

- = We draw blood from a vein in the arm.
- = Then place the blood sample in a centrifuge.
- = The centrifuge spins the blood, separating its components.
- = We extract the platelets using a syringe.
- = We inject the platelets into targeted areas of the scalp.

The entire process may take about 1 hour, and several sessions may be necessary. After receiving PRP treatment, a person can usually return to their regular activities without any limitations.

From 20 ml blood we get: - 8 ml plasma + add 2 ml bio n.

From 10 ml blood we get: - 4 ml plasma + add 2 ml bio n.

Side effects:

As the PRP solution consists of a person's own blood components, there are few risks of a reaction to the solution itself. However, people undergoing PRP treatments for hair loss may experience the following side effects:

- = Mild pain at the injection site
- = Scalp tenderness
- = Swelling
- = A headache
- = Itching
- = Temporary bleeding at the injection site



DERMA ROLLER:



Derma Roller for hair is extremely effective in tackling hair loss, hair growth and regrowth. It's a form of micro-needling having many needles varying from 0.25mm to 1.5 mm. When you roll the derma roller on your scalp, its needles puncture holes so that remedial qualities of oils can reach the hair follicles easily.

Mechanism of action:

As we know that a derma-roller has hundreds of tiny, sharp needles. When it's rolled on the skin surface it creates many microscopic injuries on the skin (that can bleed). This prompts the body's natural healing mechanism that sends collagen and elastin production into overdrive to heal the injuries.

NOTE:

1.) PRP or medicines will work only when grafts would be available in that area (medicines only work at the area where there are grafts or healthy roots).

2.) If thinning of hair has begun; it means that effect of alopecia has begun on that site and today or someday those hair will fall off so the ultimate treatment for this would be hair transplant.

Q-15: Which all doctors, technician and team come to your clinic?

Ans: = Dermatologist - Dr. Bindiya Bansal
Surgeon - Dr. Vikas

Q-16: If a patient is not from Jaipur and he wants to get the hair transplant procedure done from your clinic? What will you tell the patient?

Ans : The facility you get in Jaipur, you will not get in any other place, Likewise, the facilities you will get in Jaipur you might not get it at your hometown. We will take care of your stay, your food expenses and a hair Transplant you will get the PRP's from your hometown which is included in the package. We have collaborations with a lot of hospitals and clinics so we will provide you the PRP therapies in your hometown.

Q-17: If a patient asks for the guarantee on letterhead and about the terms and conditions. What do you need to tell your patients?

Ans : We will give you guarantee on the letterhead about every small detail like how many grafts have been implanted, what all tests were performed before the surgery, which all doctors were present during the surgery, and also that you will have to follow our rules and regulations, you have to maintain proper hygiene of the transplanted area and all the instructions we have given you. We will also mention that we give you 100% guarantee for the hair growth.

Q-18: What all is included in the transplant package?

Ans : 6 PRP's, Initial medicines for 5 days, All the blood tests required before the transplant procedure.

Cost of 1 PRP – 5000 (5000*6= 30,000).

Approximately, Rs. 1500 for medicines.

And 2200 Rs. For blood tests .

We are including all these in your package of hair transplant procedure.

Rich (who have paying capacity) 1 graft = Rs. 25-30

Poor (who do not have much paying capacity) 1 graft = Rs. 20

Hair transplant starts from Rs. 60,000.

Q-19: What are the modes of payments available at your clinic?

Ans-19:- Modes of payments available at our clinic are:-

= NFT

= RTGS

EMI is also available at our clinic. Bajaj Finance loans on 0% interest are available at our clinic. The only requirement for this loan is that the patient should be from Jaipur (even if the person is staying on rent in Jaipur) and the salary of the patient should be approximately around 10k to 15k.

Patient has to give payment of 80% of the total amount to the Bajaj Finances in 12 installments and will give us the payment of 20% in cash.

= We have options for card swiping, cash payment and cheque payment.

Documents required for the loan is:-

= PAN card

= 3 months bank statement

= Aadhar Card

Q-20: If the patient says that his budget is less and he wants to use wig instead of hair transplant?

Ans : We will inform the patient about the side effects of wig:-

1 good wig costs around 20-25k.

We need to get it cleansed which costs around 1200 – 1500 (which will cost approximately around 35000).

1 wig will last for approximately 2 years.

COMPLICATIONS OF WIG:-

- = Wig needs to be glued/ stuck at some points. Those points stay sticky and moist and hence may become the reason of the initiation of certain kinds of fungal infection which leads to thinning of skin on that area and may also cause itching on that area. This will also leave that area's grafts damaged.
- = People who do not have hair at all are advised to wear a wig.
- = After wearing a wig, you do not get a proper blood supply.
- = Wig will never be a permanent solution and will never give you a natural look.

Q-21: What is Mesotherapy?

Ans : Mesotherapy is a technique that uses injections of vitamins, enzymes, hormones, and plant extracts to rejuvenate and tighten skin, as well as remove excess fat. Depending on the indications, it can be used for hair loss prevention and hair re-growth.

Q-22: Phases of hair cycle?

Ans : 22:- 4 phases of hair growth cycle:-

= Anagen Phase / Growth Phase:

The stages of hair growth begin with the anagen phase. It's the longest phase, lasting about 3 to 5 years for the hair on your head, though for some people a single hair could continue growing for 7 or more years. Fortunately, the anagen phase differs with different types of hair. For example, the anagen phase for eyebrow hair and pubic hairs is much shorter than the phase for your scalp hair. During the anagen phase, your hair follicles are pushing out hairs that will continue to grow until they're cut or until they reach the end of their lifespan and fall out. At any time, about 90 percent of the hairs on your head are in the anagen phase.

2.) Telogen Phase / Resting Phase:

The telogen phase typically lasts around 3 months. An estimated 10 to 15 percent of your scalp hairs are in this phase. Hair doesn't grow during the telogen phase, but they don't usually fall out either. The telogen phase is also when new hairs start to form in follicles that have just released hairs during the catagen phase. Some health experts consider the telogen phase the shedding phase, as well, but many scientists have divided this stage into two parts: the telogen and exogen stages.

3.) Catagen Phase / Transition Phase:

The catagen phase starts when the anagen phase ends, and tends to last about 10 days or so. During this chapter, hair follicles shrink and hair growth slows. The hair also separates from the bottom of the hair follicle, yet remains in place during its final days of growing. Only about 5 percent of the hair on your head is in the catagen phase at any given time.

4.) Exogen Phase / Shedding Phase:

The exogen phase is essentially an extension or a part of the telogen stage of hair growth. During the exogen phase, hair is shed from the scalp, often helped along by washing and brushing. Losing 50 to 100 hairs per day during the exogen phase is normal. During the exogen phase, which can last about 2 to 5 months, new hairs are growing in the follicles as old hairs fall away.



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Main Branch : Basement, Amrapali Marg, opp. Bansal Tower, Rathore Nagar, D – Block, Vaishali Nagar, Jaipur, Rajasthan 302021

Second Branch : 16, Gopalpura Bypass Rd, near Triveni Flyover, above Well Being Physiotherapy Clinic, Gopalnagar A, Agrasen Nagar, Jaipur, Rajasthan 302015

CALL: +91 9772281117, +91 9024063126