

## How do I find a qualified hair restoration surgeon?

The International Society of Hair Restoration Surgery (ISHRS) is the largest society of its kind devoted to the advancement of knowledge and techniques pertaining to hair restoration surgery. The ISHRS can furnish you with the name and address of a hair restoration surgeon near you.

Please use the toll free number:

**1-800-444-2737**

or visit the International Society of Hair Restoration Surgery Web site:

**www.hairdoctors.org**



### International Society of Hair Restoration Surgery

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*The ISHRS would like to thank Merck & Company for their financial support in the development of this patient brochure. No particular technique or treatment is endorsed by the ISHRS. A combination of techniques may be in the patient's best interest. Excellent results can be produced using different techniques.*

### When should I start treatment?

Patients may have hair restoration surgery at any age. It is often better to start when you are not completely bald so that you can use existing hair to help camouflage the procedures. However, because hair loss tends to be both gradual and progressive, it is often unwise to start surgical treatment in a patient who is very young. Medical treatments such as Finasteride and Minoxidil may be offered to men with mild to moderate hair loss to help preserve thinning hair in the crown. Hair transplants can be used to fill-in the front hairline and thicken the front half of the scalp, and medical treatments can be used to maintain hair behind the transplants and to possibly enhance the long-term results of hair restoration surgery. Your hair restoration surgeon will work with you to design an individualized plan to fulfill your specific needs.

### Surgical Options.

#### *Scalp Reduction and Flaps.*

Scalp Reduction and Flaps are used in some patients to make large areas of balding smaller. Flaps are large pieces of hair covered scalp that are rotated to replace a section of bald scalp. Scalp reduction procedures are used mainly in the crown area (the top of the scalp behind the hairline area) to cut out areas of baldness and then the adjacent hair covered skin can be stretched over the area.

### How do I know if I am a good candidate?

An ideal candidate is someone with dense hair in the permanent fringe of hair-bearing scalp. A patient with light-colored hair and pale skin (as opposed to dark hair and light skin) may appear to have a denser look. Patients with very wavy curly hair may require fewer sessions than someone with straight hair. While hair transplants look very natural, the end result may not achieve the density or total coverage that you had when you were a teenager. Results can vary from patient to patient.

## MEDICAL TREATMENTS

### WHAT ARE THE NEW MEDICAL TREATMENTS AVAILABLE?

**F**inasteride (Propecia®) a new oral medication available by prescription only, has been recently introduced to the market. Through scientific studies over the last 4 years, it has been shown to re-grow hair in a significant number of men and stop hair loss in an even higher percentage. Finasteride works by decreasing the formation of DHT, a hormone responsible in large part for male pattern hair loss, while **not** affecting testosterone, the overall male hormone responsible for masculinity. Therefore, any side effects that may involve male sexual function are mild and occur in less than 2% of all patients. Finasteride (Proscar®) has been available for over 10 years to help older men with enlarged prostates and has been shown to be safe and effective. Finasteride (Propecia®) works best for early or moderate hair loss and is suggested by hair restoration surgeons as an effective medication to slow down or reverse male pattern hair loss in many men.

A 2% Minoxidil (Rogaine®) solution applied to the scalp has been available for over 10 years and is now available without a prescription in many countries. Minoxidil works best in the early stages of male pattern hair loss to stop or retard further hair loss and is more effective on the top and back of the scalp than at the frontal hairline. A higher concentration (5% solution) of Minoxidil is now available and has been shown to be more effective than the 2% solution.

Both Finasteride and Minoxidil must be used on a continual basis in order to sustain results, and if discontinued, the process of balding resumes. These medications may not work for everyone, but they have a proven track record that shows a significant benefit to many people.



International Society of Hair Restoration Surgery

## Medical and Surgical Options to Restore and Maintain Scalp Hair



## What causes scalp hair loss?

Hair loss can result from many factors. Some of these include thyroid disease, high fever, diet, childbirth, and certain medications. The most common form of scalp hair loss is termed androgenetic alopecia (male and female pattern hair loss), and is not caused by poor circulation, clogged hair follicles, frequent shampooing, or the use of hats or helmets.

Male pattern hair loss is determined by a combination of heredity and male hormones called androgens which include testosterone and dihydrotestosterone (DHT). The tendency for male and female pattern hair loss is genetically inherited from either side of the family and begins to develop after puberty. Hair on the scalp that is genetically affected by DHT (generally the front and top of the scalp), starts to shrink until it is lost. Whereas hair at the back and sides of the scalp is permanent because it is not affected by DHT.

## What can be done about male pattern hair loss?

People with thinning hair now have more options available to them than ever before.

- 1) Hair restoration surgery offers a **permanent, living** solution to lost scalp hair.
- 2) Effective medical treatments are now offered in the form of a pill (Finasteride) and a spray (Minoxidil).
- 3) Cosmetic enhancers include colored creams, sprays, and powders that when applied to the thinning scalp help to camouflage thinning areas, as long as there is still some hair present in the area.
- 4) Hairpieces and weaves are a non-surgical means to restore hair by covering bald areas of the scalp.

## SURGICAL TREATMENTS

### SURGICAL OPTIONS. HAIR TRANSPLANTS - MICROGRAFTING AND MINIGRAFTING.

**N**atural, life long hair restoration is now available thanks to the development of current, state-of-the-art techniques.

Hair transplantation involves removing a strip of permanent hair-bearing skin from the back or sides of the scalp (donor area) and then, using various techniques, the strip is usually dissected into micrografts (containing 1-3 hairs) and minigrafts (containing 3-8 hairs) each. The micro/minigrafts are then meticulously planted into the bald or thinning area of the scalp (recipient area). The creation of very small micrografts (follicular units) has allowed very natural, feathered hairlines to be grafted, and avoids an abrupt, "pluggy look," that was typical many years ago. A minigraft can be used behind the hairline for added density. Depending on the degree of balding for the frontal area and similarly for the crown area, 1-3 procedures involving several hundred or perhaps 1,500 or more grafts may be required to achieve the desired density (of course, more procedures could be done if hair loss progresses or greater density is desired). Within 24 hours small crusts will form on each graft which are shed in approximately 7-10 days. The grafted hairs will often start to grow by 6-12 weeks after the procedure and will continue to grow for a lifetime.

***Natural, life long hair restoration is now available thanks to the development of current, state-of-the-art techniques.***

## Who benefits from hair restoration surgery?

Anyone who has experienced permanent hair loss may be a candidate for hair restoration surgery, including:

- 1) men with male pattern baldness,
- 2) some women with thinning hair - female pattern thinning,
- 3) people with areas of scarring from injuries or hair loss after face lift procedures, and
- 4) people who want to thicken or restore eyebrows, eyelashes, and beards.

## What happens during a hair transplant surgery?

Hair transplant procedures generally take from 3-6 hours and are performed using local or twilight anesthesia on an out-patient basis. Patients are often awake but feel relaxed as they are given a mild sedative. There is usually little or no pain during the surgical procedure. If a turban-type bandage is placed on the scalp at the end of the procedure in order to keep the grafts snug and secure overnight, it will be removed the next day. Many surgeons use no dressings. The donor area, where the permanent grafts are taken from, is closed with either sutures or surgical staples that are removed in 7-12 days. Dissolvable sutures may be used in order to eliminate the need for you to return for suture removal.

## What happens after hair transplant surgery?

**H**air transplantation is a very safe, relatively minor surgical procedure. Patients are provided with a mild analgesic to relieve any discomfort felt the night following the procedure.

Patients may be asked to use moist compresses or sprays and to sleep in a semi-upright position for 2-3 days following the procedure to minimize swelling and bruising. Small crusts may form on each graft that can be camouflaged by any existing hair that can be combed over the recipient area. These crusts will flake-off by 10-14 days after the surgery. The transplanted hair seen above the scalp will initially be shed, however the roots will remain dormant for 6-12 weeks, at which time the new hairs will all begin to grow. Numbness that may occur in the donor or recipient area usually disappears in 2-8 months following surgery.

Complications are rare. Minor infections can occur around a newly transplanted hair follicle, similar to an infected ingrown hair or pimple, and responds easily to antibiotics. Minor scars that occur in the donor scalp as a result of the removal of donor skin are narrow and can be easily hidden by the surrounding hair. The graft sites in the recipient frontal area heal with almost no visible scarring and are covered by the transplanted hair. Patients may experience mild swelling to the forehead area for a few days following surgery and on rare occasions may actually experience a black eye if the frontal scalp is transplanted.