

# HAIR RESTORATION OPTIONS

Many people – both men and women – suffer from hair loss. Fortunately, new technologies ranging from medications to Platelet Rich Plasma to hair transplantation both FUE (Follicular Unit Extraction) and FUT (Follicular Unit Transplantation) can help. Use this guide to understand your options.



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## WHAT IS HAIR LOSS?

There are many reasons for hair loss. The most common is Male Pattern Hair Loss or Female Pattern Hair Loss (androgenetic alopecia). This type of hair loss is genetic. The hair on your head decreases in thickness over time (miniaturization) until eventually it stops growing.



## HOW DOES HAIR LOSS DIFFER BETWEEN MEN AND WOMEN?

With Male Pattern Hair Loss, we usually see a defined bald spot, for example, a receding hairline, or a balding spot in the back of the head (the crown). In Female Pattern Hair Loss, the hair loss is spread throughout the whole scalp and usually not in a focal area. Therefore, women experienced a generalized thinning of their hair density.

### What is "normal" hair loss?

In general, people lose about 100 hairs a day.

## WHAT ARE THE MAJOR TREATMENTS FOR HAIR LOSS?

There are four principle treatment strategies to combat hair loss: 1) hair transplantation to aesthetically restore hair in bald areas; 2) medications to decrease the rate of hair loss; 3) Platelet-Rich Plasma Therapy to help grow new hair; 4) Low-Level Light Therapy ("laser hair therapy") to thicken the caliber of hair and decrease hair loss.

## EXPLAIN THE BASIC "LOGIC" BEHIND HAIR TRANSPLANTATION?

Hair transplantation is really a re-distribution of healthy permanent hair follicles that are in the back of your head, and transferring them into your areas of baldness/hairloss. The hairs that we transplant are not vulnerable to the genetic or hormonal (DHT) causes of hairloss. The transplanted hair will grow for the rest of the patient's life. My patients regain a youthful look often times by reframing their face with an aesthetically natural hairline and restoring more hair density on the top of their scalp.

## WHAT IS THE FUT (FOLLICULAR UNIT TRANSPLANTATION) OR "STRIP" METHOD?

The "strip surgery " procedure is synonymous with the FUT procedure. In this surgical procedure, an elliptical piece of skin is removed from the back of the head. The incision that is created to remove the skin is sutured closed. Once fully healed, it leaves a thin linear scar in the back of the head. The hair follicles from the piece of skin are dissected under the visualization of high-magnification microscopes to produce hair grafts that are subsequently implanted.



## ASSUMING I GO FORWARD WITH A FUT TRANSPLANT, HOW MANY IN-OFFICE SURGERIES DO I HAVE TO HAVE? CAN YOU DESCRIBE THE PREP BEFORE THE SURGERY?

Depending on the goal of your hair transplantation procedure, it may be possible to achieve your desired new look with 1 or 2 procedures. The number of procedures is dependent on the extent of the bald areas you would like to restore. Since the procedure is a minor surgery, some basic precautions are necessary. The main preparation two weeks prior to the procedure is to stop medications that may affect your ability to clot such as aspirin and Non-steroidal Anti-Inflammatory Drugs (NSAIDS). Another basic precaution is to stop smoking as it may affect the survival of the implanted hair and delay wound healing. Otherwise, you should continue taking your regular medications, have a good night sleep and eat a healthy breakfast.

## WHAT'S THE RECOVERY AFTER THE SURGERY LIKE?

FUT is a minor outpatient surgery. After the procedure, patients often times require pain medications such as Vicodin or Tylenol #3 to treat their discomfort. The recovery mainly revolves around taking care of the incisional wound that was made in the back of the head (Donor Area) because it contains sutures and keeping the implantation sites clean. Our clinic provides a post-operative kit consisting of sprays and shampoos that help our patients keep their scalp healthy and clean for quick wound healing. Patients need to refrain from vigorous exercise for 14 days until the sutures are removed from the wound. Afterwards, they can resume their active lifestyle.

## HOW LONG DOES IT TAKE TO SEE RESULTS FROM THE FUT PROCEDURE?

Some implanted hair begins to start growing 4-6 months after the surgery. Full growth of the implanted hair is between 9-12 months after the surgery. As part of the FUT procedure, a thin linear scar results in the back of the head. Every person's surgical wounds heal differently, so it is challenging to predict how noticeable the linear scar will be. Because of the linear scar, I recommend that patients wear their hair longer in the back of the head (> size 3 clipper).



## WILL I BE UNDER ANESTHESIA OR OTHER DRUGS?

On the day of the procedure, I give my patients an oral medication for pain (e.g. Vicodin) and a an oral medication that is a mild sedative (e.g. Valium). The other medications that are used are injections of a local anesthetic drug such as lidocaine to numb the scalp. (Lidocaine is commonly used in dental procedures as a numbing medication). Patients do not feel pain during the procedure.

### **I have heard about beard transplants. Do you do beard transplants?**

We perform beard transplants at our clinic. The procedure has a similar preparation as a typical scalp hair transplantation. Hair from the back of the head is removed and implanted into the area of the face where beard hair is desired.

## I HAVE HEARD THAT HAIR TRANSPLANTS LOOK VERY "CLUMPY." IS THAT TRUE? DOES THAT VARY WITH THE TYPE OF HAIR AND HAIR LOSS?

The new techniques in hair transplantation such as Robotic FUE and FUT produce very natural and aesthetic results because follicular units grafts are implanted. Follicular units are groupings of hair that are naturally occurring in the scalp. Hair transplants in the past used "plugs", which are clusters of hair that are implanted and sown into the scalp, creating a "dolls head" appearance. At our clinic, we only use the modern techniques to deliver natural results.

## IS A HAIR TRANSPLANT "PERMANENT?" WILL I CONTINUE TO LOSE MY HAIR?

The hair that is removed from the back of the head (Donor Area) is not vulnerable to the genetic and hormonal causes of hair loss. Therefore, hair from the back of the head will grow permanently in the new area of the scalp where it is implanted.

## CAN I WEAR MY HAIR SHORT AFTER THE FUT PROCEDURE?

As part of the FUT procedure, a thin linear scar results in the back of the head. Every person's surgical wounds heal differently, so it is challenging to predict how noticeable the linear scar will be. Because of the linear scar, I recommend that patients wear their hair longer in the back of the head (> size 3 clipper).

## WHO IS FUT BEST FOR? WHO IS IT NOT APPROPRIATE FOR?

FUT is not appropriate for men wishing to wear their hair short (e.g. "high and tight," "skin fade" hair cuts, crew cuts, etc.), because the scar will be noticeable. In my surgical opinion, it is also not appropriate for young men as they have a higher probability of healing with a wider scar because of the elasticity of their skin.

## CAN YOU USE THE FUT PROCEDURE ON WOMEN OR IS IT FOR MEN, ONLY?

Women often wear their hair very long, therefore the linear scar associated with the procedure is camouflaged easily. I recommend FUT often for women.



## I HAVE HEARD ABOUT ARTAS ROBOTIC PROCEDURE OR FUE HAIR TRANSPLANT. WHAT'S THAT ALL ABOUT AND HOW DOES THAT DIFFER FROM FUT?

The ARTAS Robotic Procedure (Robotic FUE- Follicular Unit Extraction) is a robotically-assisted minimally invasive procedure for hair transplantation. A robotic system is used to remove hair from the back of the head (Donor Area) using a small needle system. Because there are no linear incisions, no sutures are used and there is no linear scarring. The post-operative recovery is shorter, there is less pain & discomfort and patients resume their active lifestyles sooner. Many times, patients do not require narcotic pain medications after the procedure.

**I have heard clinics that quote "per graft." Is this a good way to think about cost? How can I assess the quality or skill of the surgeon or clinic? Does quality matter, and how so?**

Undergoing a hair transplantation is a significant investment in time and money. Although clinics price the procedures "per graft" the quality of the procedure may vary significantly, so price per graft is not a good indicator of what you will ultimately get.

Hair transplantation is a highly specialized procedure that requires an expert surgeon and highly experienced staff. Every detail in the procedure can affect the ultimate outcome. It is important that a patient choose a clinic solely dedicated to the hair transplantation procedure with a highly skilled surgeon.

At the Silicon Valley Hair Institute, Dr. Canales has over a decade of experience in robotic hair transplantation, he is an inventor of the robot that is used for the hair transplantation procedure, and is an internationally recognized clinical authority of the aesthetics of hair transplantation. He has a highly experienced surgical staff with over 100 combined years of experience.

## WHAT IS "ROBOTIC" HAIR TRANSPLANTATION? HOW DOES THAT DIFFER FROM DOING IT "BY HAND?"

Robotic hair transplantation (ARTAS Robotic Procedure) involves the use of a robot to perform a hair transplantation. Because of its sophisticated artificial intelligence algorithm software, the robot is able to precisely and consistently remove hair follicles from the scalp using a very small needle without damaging the follicles. The robotic capabilities are more accurate than harvesting the hair follicles with a manual punch. Doing the FUE procedure "by hand" can cause more damage to the hair follicles because of human error, fatigue and the limitations of human hand-eye coordination.

## IS FUE (ROBOTIC) HAIR TRANSPLANT BETTER THAN FUT?

Robotic FUE is a better option for many of my patients because of the minimally invasive nature of the procedure. There is less downtime, faster recovery and many of my patients describe the procedure as virtually pain-free. Because the small needle incisions made by the robot heal quickly, the scarring is imperceptible so patients can wear their hair at any short length.



## CAN WOMEN HAVE THE FUE TRANSPLANTATION?

Women can have the Robotic FUE procedure. The Robotic FUE procedure does require that the hair in the back of the head (Donor Area ) be shaved to a short length (approx. 1mm in length). Women who wear their hair long can have a portion of their hair kept long and unshaved so that it can drape over the shaved portion of the scalp to camouflage it.

### **What about eyebrow restorations. How do those work?**

We perform eyebrow transplants at our clinic. The procedure has a similar preparation as a typical scalp hair transplantation. Hair from the back of the head is removed and implanted to reconstruct the eyebrows. Usually 300-600 hairs are necessary to reconstruct the eyebrows bilaterally. We perform the procedure in a meticulous manner to produce natural aesthetic results the are permanent.

## IF I DECIDE TO GO WITH THE ROBOTIC FUE PROCEDURE, WHAT IS THE PRE-OP LIKE?

The pre-operative preparation for Robotic FUE is similar to that of FUT. Patients need to stop taking medications that can affect the ability for the blood to clot 2 weeks prior to the procedure (e.g aspirin, NSAIDS). Patients also need to stop smoking during this time as it may affect the survival of the implanted hair. On the day of the procedure, we shave the patients Donor Area hair to approximately 1mm in length, which is necessary for the robotic procedure.

## WHAT IS THE POST-OP LIKE? HOW LONG DOES IT TAKE TO SEE RESULTS?

Robotic FUE is a minor outpatient procedure. Because of the minimally invasive nature of the procedure, patients often times do not require narcotic medications. Many times minor discomfort can be relieved with acetaminophen or ibuprofen. The recovery mainly revolves around taking care of the implantation sites. Our clinic provides a post-operative kit consisting of sprays and shampoos that help our patients keep their scalp healthy and clean for quick wound healing. The wounds created by the robot during the removal of the hair heal on their own within 2-3 days, and no sutures or staples are needed to close wounds. Patients need to refrain from vigorous exercise for 7 days. Afterwards, they can resume their active lifestyle.

## WILL I LOOK STRANGE AFTER I HAVE THE HAIR TRANSPLANT, OR CAN I GO BACK TO WORK THE NEXT DAY? WILL IT BE REALLY NOTICEABLE?

I recommend that patients take 7-10 days off of social events or being in an office environment. Even though intellectually and physically a patient will feel fine, the wounds from the Robotic FUE are not noticeable after 7-10 days. After this healing time period, the patient will look like a normal person with short hair.



## ARE THERE SIDE EFFECTS TO HAIR TRANSPLANT SURGERY?

Robotic hair transplantation and FUT are very safe and effective procedures. Infections and complications are rare. A potential side effect is swelling around the forehead and eyes that resolves within 2-3 days after the procedure.

What's the next best step?  
Every patient is unique, so call now for a consultation!

## IS IT AN OUTPATIENT PROCEDURE? HOW MANY TIMES DO I NEED TO COME IN FOR SURGERY?

Hair transplantation is an outpatient procedure performed in my clinical procedure room. It usually takes 1-2 procedures to achieve the desired results depending on the amount of balding area needs to be treated.

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## **I'VE HEARD ABOUT DRUG THERAPIES SUCH AS ROGAINE (MINOXIDIL) AND PROPECIA (FINASTERIDE). HOW DO THEY WORK? DO THEY REGROW HAIR OR ONLY PREVENT FURTHER LOSS?**

Both minoxidil and finasteride are FDA-approved drugs that prevent further hair loss. Minoxidil is a drug that is massaged directly into the scalp; it comes in the form of a foam or ointment. It must be used everyday. Minoxidil is believed to act on the hair follicles to increase the growth cycle of the hair and make it thicker. Men and women can use this medication and it is available over-the-counter at a grocery or pharmacy.

Finasteride is an oral medication that requires a prescription from a physician. The medicine is taken every day. Finasteride blocks the effect of dihydrotestosterone (DHT), a hormone that binds to hair follicles and causes hair to become thin. Finasteride is FDA-approved for men.

There is no medicine that makes new hair grow. All medications prevent future hair loss. I recommend medications in conjunction with a hair transplantation procedure in men.

## WHAT IS SCALP MICROPIGMENTATION, AND WHAT ARE ITS ADVANTAGES OR DISADVANTAGES AS A THERAPY?

The new techniques in hair transplantation such as Robotic FUE and FUT produce very natural and aesthetic results because follicular units grafts are implanted. Follicular units are groupings of hair that are naturally occurring in the scalp. Hair transplants in the past used "plugs", which are clusters of hair that are implanted and sown into the scalp, creating a "dolls head" appearance. At our clinic, we only use the modern techniques to deliver natural results.



## WHAT IS PRP OR PLATELET RICH PLASMA? HOW DOES THAT WORK? IS IT MORE APPLICABLE FOR A MAN OR A WOMAN?

Both men and women who are experiencing hair loss can benefit from Platelet-Rich Plasma Therapy (PRP Therapy). Scientific evidence shows that platelets within your blood contain special proteins (“growth factors”) that helps in regeneration of tissues and cells. Recent clinical studies show that injecting platelets directly into your scalp into areas of current hair loss can grow new hair, increase the thickness of the hair, and increase hair density.

Here is how the therapy works: A small amount of blood is drawn from your arm. A special centrifuge is used to separate the platelets from other elements of your blood (Red Blood Cells, White Blood Cells, etc.). The concentrated platelets are then re-injected into the areas of hair loss within your scalp. The procedure takes about 45 minutes and has no down time.

## WHAT ABOUT LASER COMBS? WHAT ARE LASER COMBS AND HOW MIGHT THEY WORK?

Low-Level Light Therapy (“laser hair therapy”) is indicated for stimulating hair growth in patients experiencing hair loss. The laser light, at the specific wavelength, penetrates the scalp to the level of the hair follicle, where it stimulates microcirculation and improves the metabolism of the hair follicle cells. This makes the hair thicker and reduces hair loss. We recommend only FDA-approved devices that have undergone rigorous clinical trials for this therapy.



## WHAT ARE THE APPROXIMATE COSTS OF A HAIR TRANSPLANT?

An FUT procedure can cost between \$8,000-\$12,000 depending on the size of the session (e.g. number of grafts implanted).

A typical Robotic FUE procedure can cost between \$9,000- \$15,000 depending on the size of the session (e.g. number of grafts implanted).

### Is financing available?

We partner with a third party financial institution --- Care Credit, Inc.--- which provides financing for hair transplantation procedures. It is easy to apply online and find out instantly if you qualify for financing. The financing is interest free for the first 12 month period. Our staff can help you apply for financing at the time of your free hair transplantation consultation.

## IS IT COVERED BY INSURANCE?

All hair transplantation procedures are considered to be cosmetic surgeries and are not covered by insurance.

## WHAT'S THE DIFFERENCE BETWEEN YOUR CLINIC AND THE BIG NATIONAL CHAINS?

The Silicon Valley Hair Institute is owned by Miguel Canales, MD the Chief Medical Officer of the institute. Dr. Canales performs all consultations personally and provides his patients with a detailed treatment plan. He is intimately involved and hands-on throughout the entire course of your surgical treatment and follow-up. This is different than multi-clinic practices and large national chains, where the patient's consultation is usually performed by a clinical sales representative, the procedure is often times delegated to non-physician staff, and the surgeon is not with you throughout the surgery.

## WHAT HAPPENS DURING THE FREE CONSULTATION?

The free consultation usually takes 30 minutes. Because hair transplantation is a surgical procedure, we do a comprehensive assessment of your health and hair loss. I begin with a complete medical history and hair loss assessment. We perform a High Definition Hair Dersmcopy to evaluate and diagnose the cause of the patient's hair loss. If blood tests or a biopsy are necessary to confirm diagnosis, we order those laboratory examinations. We spend much time educating patients on their treatment options and recommend the best treatment plan for them. If a hair transplantation is the best option for the patient, we recommend an aesthetic plan for their procedure using a simulation software the I helped develop named the ARTAS® Hair Studio where patients can get a simulated view of what they may look like before and after the procedure. You will receive the recommendation for how many grafts you will need to meet your aesthetic goals and the price of the procedure.

## CAN YOU DO THE FREE CONSULTATION BY SKYPE? HOW WOULD THAT WORK?

I do perform SKYPE consultations. The process is similar to that of a live consultation. We discuss your hair restoration goals and based on my assessment of your condition I recommend the best personalized treatment option for you. Prior to initiating any treatment, a live in-office re-assessment is necessary to confirm the treatment plan.





## NEXT STEPS?

Every person's hair is unique.  
If you are considering any type of hair restoration, please contact our  
office for a free consultation.

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## DISCLAIMER

This eBook is meant as an informational guide only. No medical advice is intended to be given. All individuals are unique and are strongly recommended to seek a professional consultation with respect to their hair loss and hair restoration treatment options.

Any actions taken upon the perceived recommendations of this eBook are solely at your own risk.