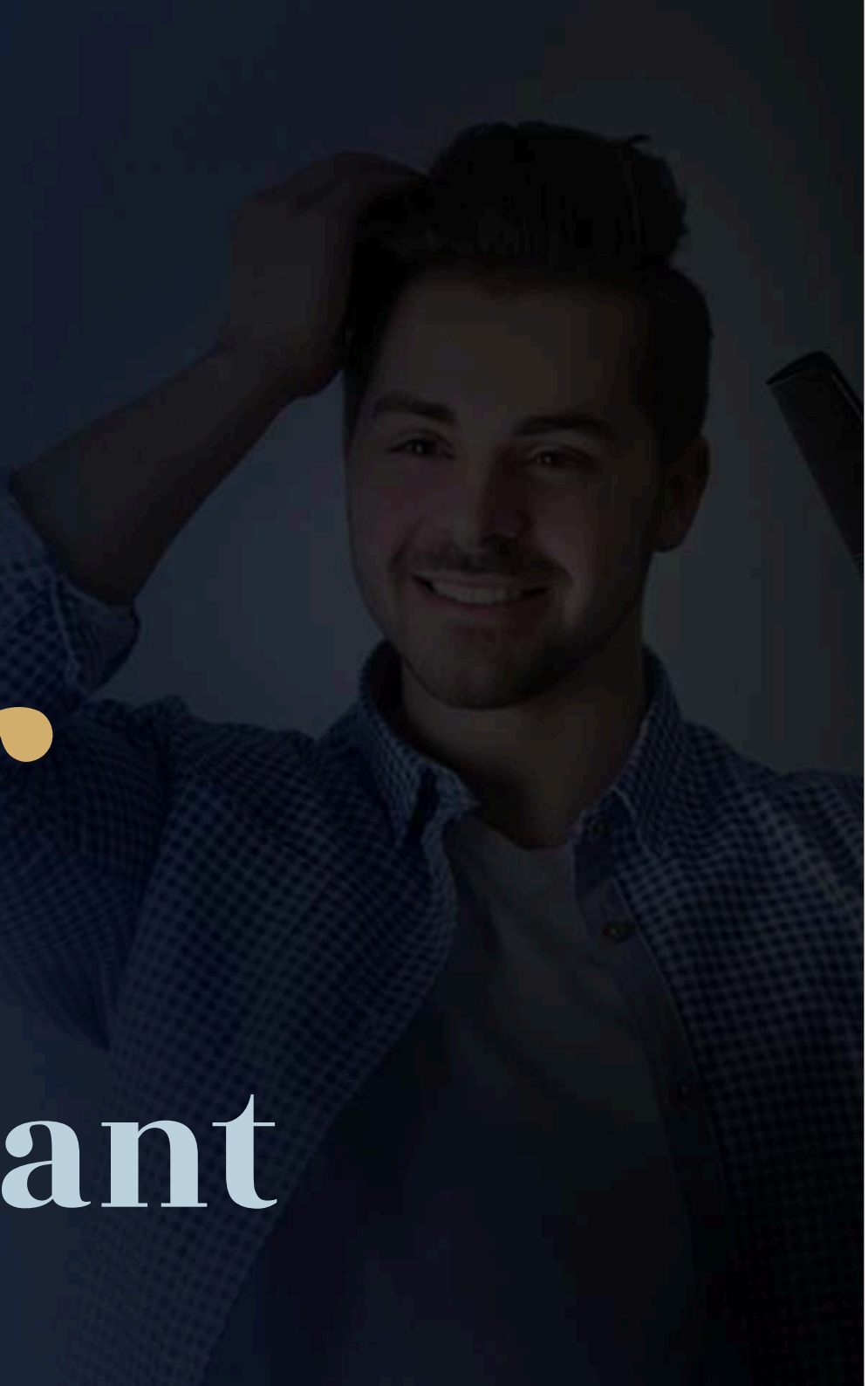
P-Esthetico Clinic

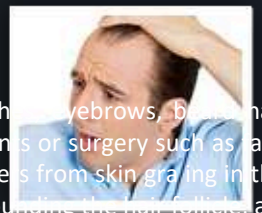
Advance Hair, Body & Skin Clinic

Hair Transplant



What is Hair Transplant

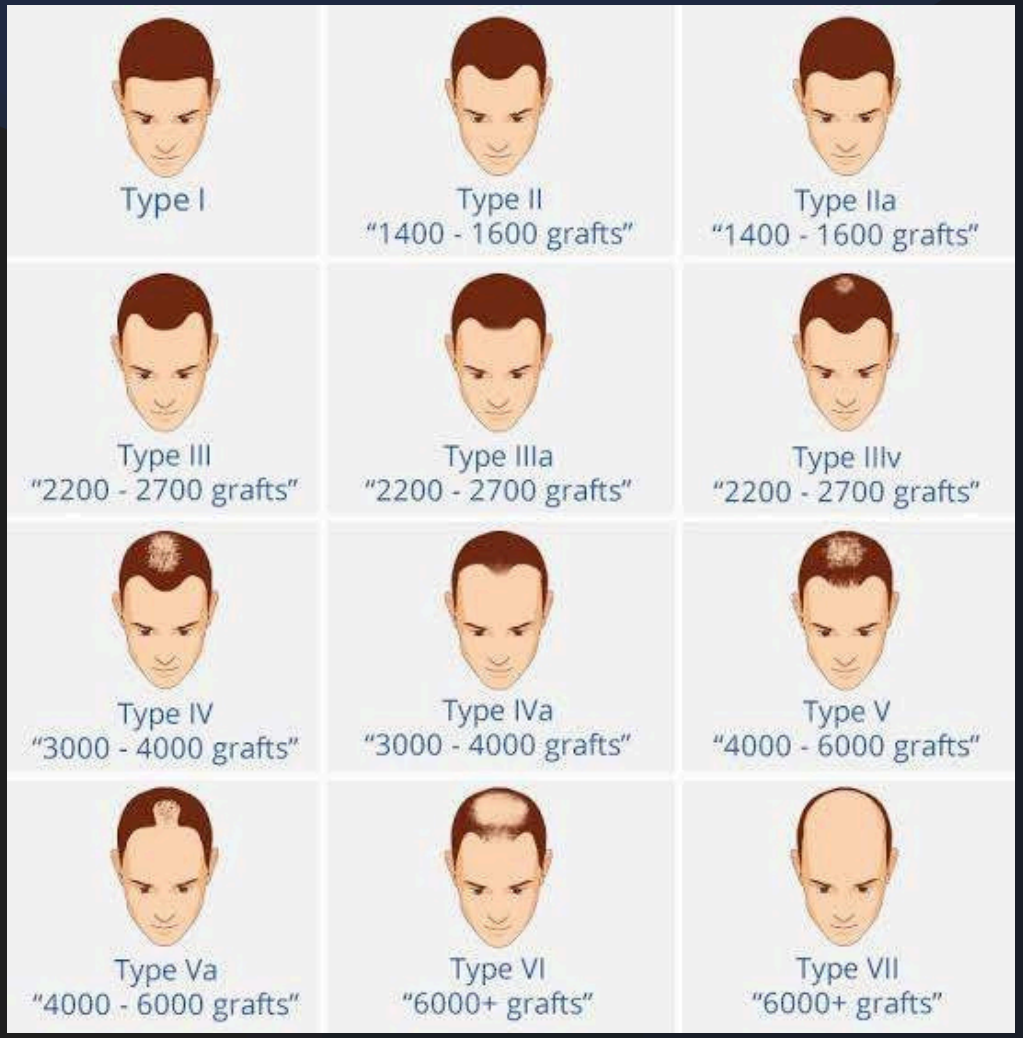
Hair transplanta on is a surgical technique that removes hair follicles from one part of the body, called the 'donor site', to a bald or balding part of the body known as the 'recipient site'. The technique is primarily used to treat male pa ern baldness. In this minimally invasive procedure, gra s containing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



Hair transplanta on can also be used to restore eyelash eyebrows, b hair, chest hair, pubic hair and to fill in scars caused by acciden s or surgery such as face-li s and previous hair transplants. Hair transplanta on diffe s from skin gra ing in that gra s contain almost all of the epidermis and dermis surrou and many ny gra s are transplanted rather than a single strip of skin.

Hair Transplant

Causes grades of **Hair Loss**



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 tradi onal hair transplant method which involves extrac ng a linear strip of hair bearing skin from the back or the side of the scalp. The strip is then dissected to separate individual gra s. It has a disadvantage that it causes a long scar but is less me consuming.

FUE : Follicular unit extraction

It basically involves three steps:

= Gra extrac on = Crea on of recipient sites = Gra implanta on

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

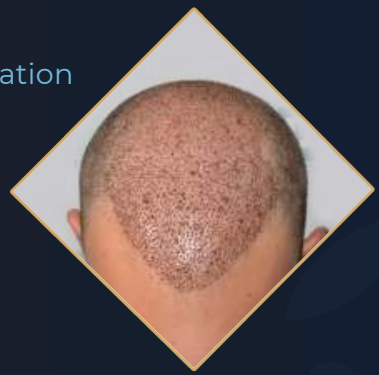
DHT : Advanced form of FUE technique also known as Direct Hair Transplantation

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 -:

= Crea on of recipient sites = Gra extrac on = Gra implanta on

In this technique there is no need of storing the gra s in any storage solu on 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 injec ons 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 densi es).

Step 2
A er about 10 minutes in the centrifuge, your blood will have separated into in 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.

FAQ

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 pa ent that according to WHO we take the gra s from your donor area and that area is not affected by the androgenic hormones like DTH (Dihydrotestosterone), DHEA (**Dehydroepiandrosterone** also known as **androstenolone)** , {Testosterone gets converted into DHT which ul mately 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 gra s are extracted from this region for the hair transplant procedure.

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

b.) The condi ons in which the hair does not grow, we generally perform the tests before the procedures to confirm that they do not preexist in any pa ent. The tests necessarily performed before the hair transplant procedures are:
= **SCALP FUNGAL INFECTION TEST**: To check for any superficial or deep fungal infec on.
= **DIABETES** : If RBS is >200mg/dL, we cannot perform the procedure as the healing will not be proper which will cause problem with the gra 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** :
Clo ng me: Normal values -: 8 -15 minutes.
Bleeding me: Normal values -: 2- 7 minutes.

= **Chronic Disease**:
Hepa s B, TB, HIV, LFT, KFT all the tests should be nega ve and these diseases should be absent.
If any of the tests comes out to be posi ve, 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 anesthe st, in case, if allergy is seen in the pa ent 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 gra needs to be taken for injec ng LA.
b) No scar forma on as there will be no tearing or cu ng. A er healing, the small pores performed during the surgery will heal.
It takes approximately around 48 hours to heal properly.
c) No chances of infec on as we clean it with the Betadine solu on.
d) Minor swelling persists on head which usually subsides within 72 hours of the surgery. We usually provide a band to the pa ent to control the swelling.
e) The side effects that may usually occur are already ruled out in the presence of the Anesthe st.

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

Ans : Gra s 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 gra s 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 gra s
first from scalp and if we do not get sufficient gra s from the scalp area then we extract the gra s from the beard area and
we may also check for the healthy gra s 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 infec on.

Example :
As children, a lot of us have had superficial head injuries but we do not develop cancer or brain infec on. Likewise, we do not develop
any brain infec on or cancer a er this hair transplant procedure as we are working on the superficial fascia 7-8 mm below the fascia. Earlier,
when this technique did not come into prac ce and ar ficial hair were used for the transplant procedure which in turn were responsible for
the harmful radia ons causing cancer but now a days as hair transplant is done using your own hair gra s 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 pa ents 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 addi onally no rest is required. And that you have to convince your family and friends. Some of the major benefits that you will get a er 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 s ll 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 pa ents 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 admi ed in the hospital.

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

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

For example :
If we can extract around 5000 gra s from your donor area so we will be able to provide you a good density but if you come a er 3 months approximately around 600 gra s will reduce and ul mately reduc on of approximately 3000 hair strands (600*5).
As the area of alopecia increases, the number of gra s 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 a er the hair transplant for 5 days the medica ons provided are -:
= An bio cs (Augmen n/ Amoxiclav – 625 mg)
= Pain Killers (PCM)
= Steroids (Dexamethasone)

A er 14 days :
= Minoxidil : 5% lo on (Vasodialator -> no side effect); vasodilator increases the blood circula on/ supply.
= Follihair Capsule : Which includes
= Bio n
= Mul vitamin
= Mul minerals
= 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 combina on.

NOTE :
If in a women hair fall increases; we do not prescribe finasteride to them.

Minoxidil – has 5% drug and 95% alcohol; which increases the burning sensa on 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 me causes side effects.

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

Ans : Precau ons that need to be taken a er 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 solu on (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 gra s might get damaged.

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

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

Ans : The diet to be consumed a er the transplant should be rich in protein and vitamin C.
= Indian gooseberry (AMLA) - two mes a day from amla marmalade.
= 200g of paneer – 2 mes a day/ Fish / 5 eggs/ white meat/ red meat or any other protein rich food – 2 mes a day.
= Milk, Curd, Bu ermilk 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, Gujrat - 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 pa ent has a healthy donor site, we can take 4500 – 5000 and that too in the pa ents 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 gra s needed would be 3500.

4.) We can cover frontal head and middle por on at one me; if someone has extended alopecia ll 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 por on and later on a er 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 por on and is extended to the crown region then the number of gra s 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 pa ent to frown and then we mark the hair line in a pa ern resembling the le er "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 injec on. PRP contain a range of growth factors and proteins that speeds ssue repair.
As some types of hair loss result from damage to hair follicles, researchers ini ally 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 reac vate 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 injec ons 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, separa ng its components.
= We extract the platelets using a syringe.
= We inject the platelets into targeted areas of the scalp.

The en re process may take about 1 hour, and several sessions may be necessary. A er receiving PRP treatment, a person can usually return to their regular ac vi es without any limita ons.

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

= Mild pain at the injec on site
= Scalp tenderness
= Swelling
= A headache
= Itching
= Temporary bleeding at the injec on site

DERMA ROLLER:

Derma Roller for hair is extremely effec ve in tackling hair loss, hair growth and regrowth. It's a form of micro-needling having ny 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 quali es of oils can reach the hair follicles easily.

Mechanism of ac on:
As we know that a derma-roller has hundreds of ny, 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 elas n produc on into overdrive to heal the injuries.

NOTE:
1.) PRP or medicines will work only when gra s would be available in that area (medicines only work at the area where there are gra s 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 ul mate 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 facili es 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 er Transplant you will get the PRP's from your hometown which is included in the package.
We have collabora ons 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 le erhead about every small detail like how many gra s 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 regula ons, you have to maintain proper hygiene of the transplanted area and all the instruc ons we have given you.
We will also men on that we give you 100% guarantee for the hair growth.

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

Ans : 6 PRP's, Ini al 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 gra = Rs. 25-30
Poor (who do not have much paying capacity) 1 gra = 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 pa ent should be from Jaipur (even if the person is staying on rent in Jaipur) and the salary of the pa ent should be approximately around 10k to 15k.

Pa ent 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 op ons 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 pa ent 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 lasts for approximately 2 years.

COMPLICATIONS OF WIG:-
= Wig needs to be glued/ stuck at some points. Those points stay s cky and moist and hence may become the reason of the ini a on of certain kinds of fungal infec on which leads to thinning of skin on that area and may also cause itching on that area. This will also leave that area's gra s damaged.
= People who do not have hair at all are advised to wear a wig.
= A er wearing a wig, you do not get a proper blood supply.
= Wig will never be a permanent solu on and will never give you a natural look.

Q-21: What is Mesotherapy?

Ans : Mesotherapy is a technique that uses injec ons of vitamins, enzymes, hormones, and plant extracts to rejuvenate and ghten skin, as well as remove excess fat. Depending on the indica ons, it can be used for hair loss preven on 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, las ng about 3 to 5 years for the hair on your head, though for some people a single hair could con nue 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 con nue to grow un l they're cut or un l they reach the end of their lifespan and fall out. At any me, about 90 percent Trusted Source of the hairs on your head are in the anagen phase.

2.) Telogen Phase / Res ng Phase:
The telogen phase typically lasts around 3 months. An es mated 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 scien sts have divided this stage into two parts: the telogen and exogen stages.

3.) Catagen Phase / Transi on 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 bo om 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 me.

4.) Exogen Phase / Shedding Phase:
The exogen phase is essen ally an extension or a part of the telogen stage of hair growth. During the exogen phase, hair is shed from the scalp, o en 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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