

Hair transplantation

Prior to treatment:

No aspirin or other medicine that thins the blood should be taken (otherwise there is an increased tendency to haemorrhage)

No sedatives are to be taken on the day of treatment. You will receive the appropriate medication from us, if required.

Please wash your hair before you leave home or on the morning of the operation and do not use any hairspray!

Please have a light breakfast on the day of the treatment.

Only in case of general anaesthetic / sedation treatment: Do not eat / drink 6 hours before the operation.

Clothes

If possible, please do not wear a shirt or piece of clothing with a wide neckline on the day of treatment so that hair transplantations are not put to risk by a neckband that is too tight when putting on or taking off clothes.

If you have an Allergy Pass: please bring it with you!

Your hair should not be cut too short at the point of treatment. A hair length of approximately 2-3 cm is necessary in order to provide adequate cover of the area from which hair is taken.

Please massage the back of the head strongly right down to the nape of the neck every day in the weeks leading up to the operation. The loosening of the scalp makes it easier for your doctor to remove the tissue and then close this area.

Treatment Procedure

Hair transplantation is usually carried out under local anaesthetic. Treatment can also be carried out under sedation, if requested. The hair is parted in the treatment area at the back of the head and a strip of skin with the roots of the hair is removed under local anaesthetic. The edges of the area from which the skin is removed are then finely stitched up. The previously parted hair covers this suture so that the area from which the skin has been removed is not noticeable during the healing process.

Individual grafts (follicular units) are prepared during this period of time: The strip of skin is divided up into hundreds of individual transplants whereby one micro graft contains 1-2 roots and one mini-graft contains 3-4 roots of hair. The result of this almost microscopic work is tiny skin spots measuring a diameter of between 0.7 and 1.3 mm in size. Each root of hair is incorporated into the circulation of the blood and thus remains completely functional, because all roots are completely intact and surrounded by tissue when removed.

The appropriate amount of transplant incisions is now created in the balding area. The prepared transplants are inserted with tweezers. The treatment is over when all transplants have been inserted.

If possible patients should remain in our clinic for a further 30 to 60 minutes after treatment. You can then go home or travel to your hotel.

After treatment:

■ APPEARANCE

The small scabs that form on the transplants will fall off within 10-14 days when you wash your hair. Underneath you will see pale pink spots at first (like with any other wound that is healing). You can cover these spots with concealer to make them invisible if the remaining hair does not cover them completely. The area from which the skin is taken does not stand out as it is covered by the remaining hair on the rear of the head.

■ WASHING YOUR HAIR

Please wash all your hair daily after the second post-operational day; wash your hair carefully with a mild shampoo (i.e. a baby shampoo). The scabs will fall off within the first 10 -14 days. If scabs still remain on the head after this period of time, you can carefully soften and then remove them. You can use a shampoo of your choice after 14 days.

■ STYLING YOUR HAIR

You should comb your hair carefully over the first 8 days in order to ensure that the teeth of the comb or the brush do not get entangled in the hair and entwined with the scabs. You should also avoid using hairspray for the first few days after the operation. You can, however, style your hair over the treated area as usual until the transplanted hair becomes sufficiently long. There are otherwise no restrictions. Please avoid chemical treatments (colouration, perm etc.) for approximately 8 weeks, until the scalp has completely settled down again.

■ THE SUTURE

The stitches in the suture should be removed 10-14 days after treatment.

It is neither difficult nor painful to remove the stitches. This can also be carried out by you G.P. or other specialists, if requested.

■ PAIN

Everybody has a different perception of pain. This usually goes from “no pain at all” to “bearable wound pain”. We will therefore provide you with a prescription for suitable pain killers, just in case.

■ SWELLING

Swelling can occur as a completely natural tissue reaction. This normally appears a few days after treatment in the area of the brow and upper facial region. This swelling is not normally painful and subsides within a few days.

■ HAIR GROWTH

The stubble remaining in the transplanted roots of hair is often (but not always) repelled during the operation, within the first two weeks. This is a completely normal reaction. The hair bulb, however, establishes new hair, which is visible on the surface of the skin after approx. 12 weeks. One year after treatment the hair will be approx. 10 cm long – and continues to grow throughout a person's lifetime. You have up to 98% assurance that the transplanted hairs will grow in the balding area.

■ HAIR THICKNESS

Even if we can transplant hair to already bald patches and thus provide our patients with a rejuvenated appearance; we cannot multiply the amount of existing roots – we can only redistribute them cleverly. We will never be able to recreate the thick hair of a 16 year old. Numerous treatment sessions may be necessary in order to attain the required optical thickness of hair depending on the initial situation.

■ HEALING PROCESS

The healing process is, of course, not the same for everyone. It can take between one and three weeks depending on the patient's skin type till the treated areas do not stand out. In many cases you can comb your own hair over the treated area and thus "camouflage" it (like with the area from where skin was taken at the rear of the head).

■ FOLLOW-UP TREATMENTS

If you are thinking of having further treatment sessions then we would recommend that these are carried out no earlier than four months after the initial treatment. The reason for this waiting time is that your doctor can only evaluate the complete treatment result after this period of time and thus plan and carry out any further treatment or thickening you have requested.

■ POSSIBLE RISKS

Infection:

The risk of infection can never be ruled out as with every surgical operation. It is, however, extremely low when the operation is carried out by a team of experienced surgeons.

Spots:

Small spots sometimes occur. These are usually in-growing hairs (like in the area of skin around the beard). These spots can be immediately made to subside by opening, squeezing and finally disinfecting them.

Loss of feeling:

There can be a slight loss of feeling in the treated area at times. This arises, because the fine networks of nerves have been affected and it takes some time for fusion to take place. If this is the case then it could take up to 12 months until these fine nerves have regenerated.

Please pay attention to the following in order to ensure that the healing process goes as smoothly as possible:

Activity:

You should avoid carrying out any **heavy physical work**, especially lifting heavy objects, within the first three days after transplantations. You can return to your job on the day after the transplantation as long as you do not carry out any heavy physical work.

Sport:

Wait for three weeks before doing sport or cut down to a **reduced programme** depending on the type of sport you do.

Sauna:

Do not go to the sauna for the first three weeks.

Sun/Solarium:

The treated area should not be overexposed to the sun for four weeks.

Salt Water:

The treated area should not come into contact with salt water for the first ten days.

Helmets:

You are not to wear helmets (motorbike, bicycle, construction etc.) for two weeks.

Misc.: