



## Follicular Unit Transplantation – Summary Outline

### Donor Site Harvesting

The process begins by harvesting hair from the permanent donor area at the back and sides of the scalp. Hair at these sites is resistant to the genetic factors causing hair loss. Dr. Zloty uses techniques individualized to each patient to maximize the yield of follicular units, minimize transection (cutting) of hair follicles, and minimize the resulting scar. This generally is completed using a single blade scalpel. As Dr. Zloty performs surgeries all day, every day, he is extremely skilled in removing the donor strip and preserving the limited donor supply. The donor site is then closed, most commonly with sutures.

Sutures, in well trained hands, allow more accurate edge apposition of the donor site leading to superior scars. Stainless steel staples are easier to place and more time effective but create greater patient discomfort. Which closure will be used depends on your specific scalp characteristics.

### Preparing the Follicular Units

The donor strip is first sectioned under magnification into smaller segments by vertical cuts, a process called slivering. The sections are then dissected into 1-5 hair follicular units. Magnification can include loupes, the Meiji microscope or the Mantis Stereoscopic Dissecting microscope. The use of follicular units preserves the normal architectural arrangement of scalp hair leading to more natural results.

### Hairline Design

Only expert surgical and aesthetic talents combined with long experience allow natural hairlines to be designed. No two patients possess facial attributes which are identical. It then follows that all patients

require subtle variations in hairline design. Dr. Zloty has been performing hair transplants and facial reconstruction since 1994. Through this experience Dr. Zloty has developed an intrinsic feeling toward assessing facial structure and how this should relate to hairline design. This creates hairlines which are natural now, and for the rest of your life. For as you age, so do all the components of your face. Your hairline must be accommodating to these changes. Hair transplantation is with you for life. You must have a hairline design that will look age appropriate as you move through your life.

### Placement of Follicular Units into the Recipient Site

Each follicular unit must be expertly placed into the exact sized recipient incision using small jewellers forceps. Both the width and depth of each incision needs to be carefully controlled. Incisions are created using precision blades ranging in size from .75mm up to 1.5mm. Using such tiny slits minimizes damage to surrounding nerves and blood vessels and provides a lock and key fit for each follicular unit. The incisions are so tiny that no perceptible scarring is evident. Finally all incisions need to exactly match the direction and angulation of native follicular units in the recipient area. To ensure a natural hairline and provide optimal density Dr. Zloty uses both sagittal and coronal orientated slits. The ratio of each is determined by individual patient characteristics. In many cases dense packing of follicular units is required to maximize results. Only a highly experienced technical team having completed thousands of transplants is able to make incisions to this state-of-the-art standard. Dr. Zloty and his team have this expertise.



## Commonly Asked Questions

### What is Follicular Unit Hair Transplantation?

Changing technologies have led to hair transplants that are virtually undetectable. An array of graft sizes, many as small as a single hair, now allow an expert surgeon and his team to create natural hairlines and good scalp coverage in almost all patients. Specifically designed instruments allow precise harvesting of donor hair and minimize the donor scar. Graft preparation is routinely completed under stereoscopic dissecting microscopes. Magnification allows naturally occurring follicular units (groups of hair growing together) to be separated into 1–5 hair grafts. In the old terminology one hair units were called micro-grafts while 2–5 hair units were called mini-grafts. The single hair units are used to construct hairlines, while the 2–5 hair units create density and coverage. These grafts are then placed into recipient slits so small that no detectable scarring is evident even under close scrutiny. The result is transplanted hair that looks and behaves as strong natural hair. Hair that will last a lifetime.

### How do I choose a hair transplantation surgeon?

Choosing a transplant surgeon and team is the **most important step in hair restoration**. Do not be swayed by marketing hype and half-truths. Instead speak to patients who have completed hair transplantation. Listen to their descriptions of the process and the confidence they had in their surgeon. If you are unable to find a hair transplant patient speak to your family doctor or dermatologist for a recommendation.

However in many cases you will begin your search by responding to one of many advertisements promoting hair transplantation. In this situation

your consultation must be with the physician who will oversee your procedure. There is no substitute for direct patient to doctor interaction. Be cautious of centers where the doctor's primary practice is located elsewhere.

**Hard questions must be asked of the surgeon.** How long has he been performing transplantation, how many patients, how was he trained, how does he keep up with the ever changing hair transplantation literature? Surprisingly, these straight forward questions are hard to ask in the confines of a consultation. Your interest should be welcomed. At the end of the consultation process you should be well informed and confident in the surgeon's abilities and empathy. This physician is one with whom you can interact with over the long term. If not, your search should continue.

### What is special about Dr. Zloty's centre?

The Hair Transplant Centre (HTC) is one of Canada's premier sites for state-of-the-art hair transplantation. This large private facility is fully accredited by the College of Physicians and Surgeons of BC.

The HTC is staffed by **some of Canada's most experienced hair transplant technicians**. Senior members of the team have been involved in transplantation since 1983. During this interval they have had exposure to all types of hair grafts and instrumentation. The HTC team has trained physicians and technicians from around the world in the intricacies of follicular unit hair transplantation. This experience ensures very high graft survival (close to 100%), undetectable recipient scars,



## Commonly Asked Questions, continued

and superior aesthetic results. Professional expertise is maintained through regular attendance at international scientific meetings. Affiliation with the University of British Columbia mandates that all staff be knowledgeable about new techniques and technologies. The HTC itself contributes to the world's hair research literature.

### **No students or trainees will be involved in your procedure.**

HTC staff are experts in reducing patient anxiety and ensuring patients remain comfortable through the procedure. Patients universally praise the center staff for providing unsurpassed personal attention and care. **Individual care and attention at the highest standard, combined with world class results, sets the HTC apart from other hair transplant providers.**

### **Who is a suitable candidate for hair transplantation?**

Thanks to the evolution of follicular unit hair transplant technology, **most individuals are now suitable candidates**, regardless of age, sex, hair color, hair texture or ethnic background.

### **What kind of results can I expect?**

Your **transplanted hair grows forever and will last a lifetime**. It can be cut, colored, permed or styled however you wish. There is no need to worry about wind, water, sport or work activities influencing your transplanted hair.

Final results cannot be assessed for at least 4 months post-procedure. This is the time required for the transplanted hair to grow to a length

adequate to make a cosmetic difference. Results can continue to improve for up to one year post transplant. The goal is to give you the illusion of a full head of hair with a hairline so natural that it cannot be detected even during close social encounters.

After transplantation some of the non-transplanted hair in the recipient area can go into a resting state, called "anagen-effluvium." This leads to temporary loss of these resting hairs. We believe this is caused by short-term disruption of tiny blood vessels. On average 10–20% of patients will experience this change with about 30% of the nearby non-transplanted hair affected. By 4 months all the hair returns in the vast majority of patients. If the hair which was lost was already programmed to fall out in the next 6 months (due to male or female pattern genetics), the hair may not re-grow.

To derive the full benefits of transplantation you must have **realistic expectations**. Results which can be achieved after one session will depend on the number of grafts planted, area to be covered, scalp and face shape, scalp movability, present hair density, hair color, and texture. Dr. Zloty will discuss all these variables with you at the time of consultation. Few patients will achieve hair density or a hairline position equivalent to their teenage years. In fact such an end-point could prove disastrous. Characteristics of your facial bones, skin, and non-transplanted hair evolve with age. Should your transplanted hair not be designed to reflect these changes, the initial results will look artificial. Dr. Zloty designs hair transplants that look excellent over the short term, but importantly, will look natural over your entire life.



## Commonly Asked Questions, continued

To ensure patients fully understand their expected end result Dr. Zloty uses realistic photographs to demonstrate hairline positions and density changes. You will be able to speak to former patients, and in some cases meet patients to view their final results. Obviously this must be considered within the confines of patient confidentiality.

### How safe is hair translation?

In a word, **extremely**. Only local anesthesia is used, not a general anesthetic. Consequently all the risks associated with general anesthesia are eliminated. Since beginning transplantation in 1994 Dr. Zloty has never seen serious bleeding, infection, or nerve damage.

Possible risks include those changes listed above. Theoretically patients could have an allergic reaction to the local anesthetic. Some patients feel light-headed at the beginning of the procedure. This disappears quickly.

Most patients will have some degree of swelling of the forehead and face. This begins 1 day after surgery and lasts 3–5 days. Swelling is a natural healing reaction by your body, disappears completely, and does not affect the transplant result in any way. The donor and recipient sites can feel itchy and exhibit some redness. Both disappear quickly. However, in very fair patients the redness in the recipient area may take longer to resolve. You can expect some minor temporary decrease in sensation over the front or back of the scalp. Again, in greater than 99% of patients, this returns completely to normal within several months. As previously outlined “anagen effluvium” can lead to temporary loss

of a portion of the non-transplanted hair in the recipient area. In the vast majority of cases all this hair begins to re-grow by 4–6 months. There is no effective way to predict or prevent this occurrence. Careful placement of recipient slits and gentle handling of the hair already present can lessen this tendency.

### How do I prepare hair transplantation?

Very **little pre-operative preparation** is required. **NO** aspirin or aspirin-like products must be used within 2 weeks of your transplant. You should inform Dr. Zloty of any new medications you have started since the time of consultation. Detailed pre-operative instructions will be given to you.

Patients should plan on taking a few days off work until any swelling subsides.

**You do not have to shave your head!** In fact having your hair 1 to 2 inches long will hide the donor and recipient sites quite well, even immediately after transplantation. Shaving your recipient area does **NOT** decrease the risk of anagen-effluvium.

You may wish to bring your favorite videos or DVDs with you on the day of transplantation. You can enjoy your CD's, use your laptop, or view one of the Centre's wide selection of videos or DVD's as our guest.

If an oral sedative is requested, you will not be allowed to drive home. Organize a ride beforehand or plan on taking a taxi.

For those patients coming from out-of-town, the HTC manager can coordinate local accommodation.



## Commonly Asked Questions, continued

### What happens on the day of surgery?

Dr. Zloty will explain the day in detail during your consultation. Quite simply, it is **easily tolerated**. The day begins with answering any of your final questions. Pictures are taken. The donor site is numbed and you are placed face down on a special pillow. The donor strip is removed quickly and you are returned to a sitting position. The donor hair is then sectioned into follicular unit grafts. During this time you are relaxing and watching videos or pursuing another activity of your choice. Lunch is provided and you are free to walk around or use the washroom. As graft preparation nears completion, planting begins. During this interval you will watch videos, listen to music, or simply relax in a sitting position. The procedure finishes with the application of a light bandage and provision of your post-op instructions and medications. A baseball cap (provided) can hide this bandage quite nicely. Women can bring a scarf or other appropriate head covering.

### How will I feel after hair transplantation?

**Recovery is generally quick and easy.** You will have discomfort over the scalp for 2–3 days. This is treated with Tylenol or Tylenol with codeine (supplied). Swelling occurs in most cases and lasts 3–5 days. Sleeping with your head elevated and the use of ice packs minimizes swelling. You will feel comfortable enough to work in 2–3 days but most patients take one week off.

### What about alternatives to hair transplantation?

The use of **scalp reductions and flaps** to treat hair loss has been dramatically reduced as follicular unit based transplantation has improved. Most patients no longer need to consider these techniques. Dr. Zloty will assess your suitability for these procedures at the time of consultation.

Transplantation of **Artificial hair** is also promoted as an alternative to standard transplantation. The main risk is an irritant or allergic reaction to the hair. This technique is experimental only and is not recommended.

**Finasteride** (Proscar® or Propecia®) reduces hair loss in the majority of patients and increases hair in a minority. Newer versions are currently under investigation. Dr. Zloty will discuss these medications with you.

### How much does the procedure cost?

During your initial consultation, Dr. Zloty will provide you with a detailed cost outline based on your desired results. His straightforward pricing structure ensures that all patients are treated fairly, honestly and equally.

Deep discounts, interest free financing and other marketing driven programs to entice patients are not part of Dr. Zloty's practice pattern. In the long term they offer no financial savings to patients.