An Intro To

Hair Transplant

An introductory guide to what Hair Transplant Surgery is and how to succeed at it

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According to the Old Testament, one of the preferred punishments given by God is ‘baldness’. To erase the social stigma of baldness, hair transplantation surgeries are moving to the high streets. Those who are taking up this surgery have seen proper results and some of them are even boasting about their new, improved hair style. Hence, a large number of people are taking up this surgery and get a permanent solution for hair loss and baldness. The hair transplant method is very intricate and requires skilled surgeons to perform it. Hence, these surgeons are often called fine artists.
Hair Transplantation techniques have been evolving and becoming more effective. Among the various cosmetic surgeries, hair restoration has become very innovative. If you undertake this cosmetic surgery then the results would look more natural. It has become a very aesthetic and exciting surgery today. The way it uses hair follicles to restore hair is a unique invention of science. Latest methods like hair cloning are also researched on. This will help in hair multiplication and will also cure baldness with increased hair growth.

Among many cosmetic surgeries, hair transplant has become very popular. It aims to correct both male and female pattern baldness. In scientific terms this kind of hair disease is known as alopecia. It is also used to treat thinning eyebrows and eyelashes.
Methods & Material

The two methods included in hair transplant surgery are: Follicular Unit Transplant and Follicular Unit Extraction. Each method has its own unique pros and cons. These methods are based on the doctrine of donor dominance. Some of the tests that are done include: serum chemistries and coagulation studies. Screening technology is also enabled to take follicular measurements.

Statistical Analysis

A normal human has around 100,000 scalp hair. In an average man, hair grows around 1-2 cm per month. The active growing stage of hair is 2-4 years and the resting phase of hair lasts for 100 days. Everyday approximately 100 hairs are shed every day. Temperature also effects both hair growth and hair loss.
I don't consider myself bald, I'm just taller than my hair.

- Lucius Annaeus Seneca
Subjects & Methods

To maintain a natural hairline, single hair grafts are used. Around 250-300 hair grafts are required to form a new hairline. The surgeons have the know-how to give a natural look to the hair arrangement. FUG’s are inducted, at the back of the hairline to provide newfangled hair. Smaller grafts are used, if the skin and hair is less ideal. Even punch grafts are also there, that is used to treat total baldness.

Before taking up hair transplant, a detailed medical report of the patient is very important. Even family medical history pertaining to hair loss is also checked. The patient is put under strict instructions like no alcohol consumption or smoking. People are also asked not to take any medicine, as it might result into bleeding and weak grafts. The hair texture of the patient is also taken into account. In this category, the density, color and quality of the hair is considered. This is matched with the donor hair and the more closely it matches the latter, the better would be the surgery results. It has been observed that those who have curly, frizzy or wavy hair are on the advantageous side of hair transplantation.
The patient is given local anesthesia. After some time the scalp is treated with shampoo, followed by an antibacterial agent. The donor follicle harvesting is initiated. The two methods include strip harvesting and the other one is called follicular unit extraction. In the first procedure, either a single-bladed knife is used or a multi-bladed knife. The latter often leads to increased chances of follicular impairment. The strip of a skin is harvested in the portion of the scalp where the growth of hair is good. The doctors make proper sites so that it the grafts can be inducted there. They have to plan it very meticulously so that the hair pattern looks natural. The technicians later on insert the grafts in their respective places.

Another method that is used in harvesting is FUE or follicular unit extraction. The follicular units that consist of 1 to 4 hairs are dislodged. This is a very long and time-consuming procedure. This is much preferred over strip harvesting method. However, it is costlier than the former but gives amazingly natural results.
What happens during a hair transplant procedure?

1. The patient is seated and may watch a video.
2. The patient is given anesthesia—locally—which allows for a painless procedure.
3. Hair is taped up allowing access to the donor area.
4. A strip of hair bearing scalp is removed.
5. The strip of skin is given to the surgical team and they begin to divide this strip into hair grafts.
6. While the grafts are being prepared, the donor area is sutured closed by pulling the skin edges together, when this heals. What is usually left is a fine line scar which is barely detectable a few months later. Note that this scar is completely hidden immediately after the procedure by surrounding hair.
7. Minute incisions are made in the bold or ‘recipient’ area for insertions of the single and multi-hair grafts.
8. These graft sites are made in a random pattern (for a natural look) with enough space between each other to ensure proper healing.
9. Once all the grafts have been placed in the recipient area, the patient is given a light bandage. This is for the patient’s protection and comfort.
10. The spaces left between the grafts (which was done to ensure proper healing) can be filled in at a later time to obtain increased density.
“The beauty of a woman is not in the clothes she wears, the figure that she carries or the way she combs her hair.”

- Audrey Hepburn
Results

Care after Operation

Just like one should take precaution after any operation, similarly, after undergoing a hair transplant, you must take a number of precautions. Direct exposure to sunlight must be avoided. You must not fiddle with your hair for the first two days; however, shampoo can be done. You must be careful that post operation, scabs must not be formed around the hair shaft. There is also a phase called “shock-loss”. In this phase, newly planted hairs usually fall out. Nevertheless, new hair re-grows within 2 or 3 months. The growth process continues and thickens with time.
A patient takes up hair transplant only when he or she wants to get rid of baldness and hair thinning problems permanently. Nevertheless, it has been reported that hair thinning is also seen post this cosmetic surgery. It is also called “shock-loss”. This is an important side-effect seen after hair transplant surgery. Another common sight is the appearance of bald patches. An estimated amount of 50 hairs are usually lost each day. The temple and the scalp do often get swollen. Itching and Scratching must be refrained from as that can lead to scab formation.
According to a recent study, papilla cells and stem cells have been found in the hair follicles. It can be used in correcting baldness with the help of hair multiplication. This method is also called hair cloning. Therefore, it can be concluded that the hair surgical technique has a long way to go. Those who want to opt for this surgery can browse through the internet to gain an in-depth knowledge about hair transplantation. Results have proved that pain is negligible and the recovery time also doesn’t protract. You do not need to be hospitalized nor is any bed rest required. Hair Transplant indeed is a viable choice and is rewarding.
Several years ago, I began losing my hair, and like a lot of men, it was a major concern to me, in fact it was practically an obsession. But, also I'm an actor, so I'm in the public eye a lot and I really felt that my hair loss could affect my career prospects.

- James Nesbitt
If you have tried all measures and you are still not able to fight hair fall, then your last resort would be to go through a hair transplant surgery. This medical procedure will restore your natural and beautiful hair.

Need More Hair?

Schedule Your Appointment to speak with Dr. Maneesh Sonthalia

http://kolkata.hairtransplantindia.net/