



NEW HAIR CLINIC

The Martinick Technique™



**What You Need to Know Before
Getting a Hair Transplant**

TABLE OF CONTENTS

Introduction	1
Understanding Hair Loss	1
What is a Hair Transplant?	2
Benefits of Hair Transplants	2
Things to Consider Before Getting a Hair Transplant	3
The Hair Transplant Procedure	5
Recovery and Results	6
Potential Risks and Side Effects	7
Alternatives to Hair Transplants	7
Making the Decision	8
Maintaining Your Hair Transplant	9

INTRODUCTION

Hair loss is a common concern for both men and women. It can affect confidence and self-esteem, leading many to explore solutions. Hair transplants have become a popular option for achieving a fuller head of hair. But before you take the plunge, there are important factors to consider. This eBook from New Hair Clinic Perth will guide you through everything you need to know about hair transplants, from understanding the procedure to determining if it's right for you.



UNDERSTANDING HAIR LOSS

Hair loss can be caused by various factors, including genetics, hormonal changes, medical conditions, medications, stress, and ageing. The most common types of hair loss are:

- **Male pattern baldness (androgenetic alopecia):** This is the most common cause of hair loss in men, resulting in a receding hairline and a thinning crown.
- **Female pattern baldness:** Similar to male pattern baldness, but with a broader pattern of hair thinning across the scalp.
- **Telogen effluvium:** Temporary hair loss triggered by stress, illness, childbirth, or significant weight changes.

WHAT IS A HAIR TRANSPLANT?

A hair transplant is a surgical procedure that moves hair follicles from a donor area on the scalp, typically the back or sides, to a bald or thinning area. The two main techniques used are:

- **Follicular Unit Transplantation (FUT):** A strip of scalp containing healthy hair follicles is removed, dissected into individual grafts, and then transplanted into the recipient area.
- **Follicular Unit Extraction (FUE):** Individual hair follicles are extracted directly from the donor area using a small punch tool and then implanted into the recipient area.

BENEFITS OF HAIR TRANSPLANTS

Hair transplants offer several benefits:

- **Natural-looking results:** When performed by a skilled doctor, hair transplants can achieve a natural-looking hairline and density.
- **Permanent hair growth:** The transplanted hair follicles continue to grow throughout your life, unlike non-surgical hair restoration options.
- **Improved self-confidence:** A fuller head of hair can boost confidence and self-esteem.

THINGS TO CONSIDER BEFORE GETTING A HAIR TRANSPLANT

1. Age and Hair Loss Pattern:

- Ideal candidates are typically in their 20s to 50s with stable hair loss patterns. Early intervention can be beneficial.
- Extensive hair loss with minimal donor area may not be suitable for a hair transplant.

2. Realistic Expectations:

- Hair transplants cannot restore a completely bald head.
- Transplanted hair grows at a slower rate initially and takes time to achieve final results.
- Multiple sessions may be needed for desired density.

3. Medical Conditions and Medications:

- Certain medical conditions and medications that affect blood clotting or healing may not be compatible with hair transplants.
- Discuss your medical history with your doctor before considering a transplant.

4. Cost and Insurance Coverage

- Hair transplants are an investment in lifelong, permanent hair - however, insurance typically does not cover them as they are considered cosmetic procedures.
- New Hair Clinic does offer affordable financing options, including interest-free financing, to make your hair transplant more accessible.
- It is essential to prioritise clinic and doctor expertise over cost as this is a medical procedure. It can carry both health and aesthetic risks if not performed by a qualified and experienced professional, including risks of infection and poor results, as well as expensive corrective procedures.

5. Choosing an Experienced Doctor

- Select a doctor with extensive experience in hair transplantation.
- The importance of choosing a doctor with a varied skill set in multiple methods of hair transplantation to suit their individual needs.
- Research the doctor or clinic credentials, reviews, and before-and-after photos.
- Schedule a consultation to discuss your goals and expectations.

THE HAIR TRANSPLANT PROCEDURE

- **Consultation:** Discuss your goals, hair loss history, medical history, and expectations with the doctor.
- **Scalp preparation:** The doctor will trim or shave the donor and recipient areas.
- **Anaesthesia:** Local anaesthesia with sedation is typically used.
- **Donor hair extraction:** FUT or FUE technique will be used to extract hair follicles.
- **Recipient site preparation:** Tiny incisions or channels are created in the recipient area.
- **Hair follicle implantation:** The extracted grafts are carefully placed into the recipient site.
- **Post-operative care:** The doctor will provide instructions on caring for the transplanted hair and scalp.



RECOVERY AND RESULTS

The first few days post-transplant might bring some swelling and scabbing, but these fade within a week. Don't panic if the transplanted hair falls out after a few weeks – it's simply resting before the growth cycle restarts. Here's where patience comes in! New hair growth begins around 3-4 months, initially appearing fine and wispy. By 6 months, you'll see a noticeable increase in density, and the hair will start to thicken.

Here are some tips for this exciting phase:

- **Be gentle:** Avoid strenuous activity or anything that could irritate the scalp for the first few weeks.
- **Sun protection:** Wear a hat or use sunscreen on your scalp to shield new hair growth from harsh rays.
- **Scalp massage:** Once cleared by your doctor, gentle massages can improve circulation and promote new hair growth.
- **Maintain a healthy lifestyle:** Eat a balanced diet rich in vitamins and minerals to support hair health.
- **Stick to your routine:** Continue any medications prescribed by your doctor to maintain optimal hair growth conditions.

By following these tips and practising patience, you can maximise the success of your hair transplant and enjoy a naturally fuller head of hair within a year.

POTENTIAL RISKS AND SIDE EFFECTS

- As with any procedure, there are potential risks associated with hair transplants, such as bleeding, infection, scarring, and temporary numbness.
- Unnatural-looking results can occur if the doctor lacks experience or if communication regarding expectations is not clear.
- Ongoing maintenance, such as proper hair care and potentially medication, might be required.

ALTERNATIVES TO HAIR TRANSPLANTS

Several non-surgical options may be considered depending on the severity of hair loss:

- **Medications:** FDA and TGA-approved medications to slow down hair loss and promote new growth. However, they may not be effective for everyone and can have side effects.
- **Low-Level Laser Therapy (LLLT):** This treatment uses low-level laser light to stimulate hair follicles and promote growth. Research on its effectiveness is ongoing.
- **Scalp Micropigmentation (SMP):** A cosmetic procedure that creates the appearance of a shaved head or adds density to thinning hair using tiny scalp tattoos.
- **Platelet-Rich Plasma therapy:** PRP therapy injects your own concentrated platelets into the scalp. These platelets trigger hair growth by promoting healing and regeneration in the follicles.
- **Hairpieces and Wigs:** Offer a non-surgical solution for hair loss, but require maintenance and may not look completely natural.

MAKING THE DECISION

Ultimately, the decision to get a hair transplant is a personal one. Carefully weigh the potential benefits and risks, consider alternative solutions, and consult with a qualified hair restoration specialist. Here are some additional tips:

- **Be honest with yourself and your doctor about your expectations.**
- **Don't rush into the decision. Take time to research and understand the procedure.**
- **Focus on achieving a natural-looking hairline and density, not replicating a full head of hair from your youth.**
- **Choose an experienced doctor with a proven track record and positive patient reviews.**
- **Schedule consultations with multiple doctors to compare their approaches and costs.**
- **Don't be afraid to ask questions and express any concerns you may have.**

MAINTAINING YOUR HAIR TRANSPLANT

Following a proper hair care routine and maintaining a healthy lifestyle are crucial for the long-term success of your hair transplant.

- **Follow your doctor's post-operative instructions carefully.** This will minimise the risk of infection and promote healing.
- **Maintain a healthy diet rich in vitamins and minerals to support hair growth.**
- **Manage stress levels, as stress can contribute to hair loss.**
- **Continue using medications prescribed by your doctor for hair loss prevention.**
- **Schedule regular follow-up appointments with your doctor to monitor progress and address any concerns.**



Hair transplants can be a life-changing option for those struggling with hair loss. By understanding the procedure, its limitations, and the importance of choosing a qualified doctor, you can make an informed decision. Remember, hair transplants are an investment in your appearance. By following the advice in this eBook, you can increase your chances of a successful outcome and enjoy a fuller head of hair for years to come.

Want to find out more? Book a free consultation at New Hair Clinic Perth and get a personalised evaluation from our experienced team.

Disclaimer:

The information provided in this eBook is intended for educational purposes only and should not be construed as medical advice. Always consult with a qualified healthcare professional before making any decisions about hair loss treatment.