

**Hair Transplant for Men and Women**

**Beard Transplant**

**Eyebrows Transplant**

**HBOT**

for the hair transplant as we said it can be with 3 techniques

FUE ( Follicular Unit Extraction )

FUE Sapphire

DHI ( Direct Hair Implantation )

we chose the technique according to \*baldness area and \*donor area  
if we have big empty area we select either FUE or Sapphire so we can  
cover and get the suitable density

and we look at the donor area as well so we can chose between FUE or  
Sapphire

if the donor area is good we chose Sapphire , if not we go for the FUE

if the empty area is not big , its only a little bit or its a density problem  
or its big but the donor area is perfect we can go for the DHI technique

for sure the hair transplant take 4 days 3 nights

the 1st day will be for the analysis , blood test and the preview

2nd day for the operation ( it takes 7 to 9 hours ) everyone hour and  
half or 2 hours there will be a break for the patient and the medical  
crew

3rd day will be to have a rest , and he can go for sightseeing

4th day will be for the washing session and he can travel back on the  
same day

for the 3 techniques will be the same steps during the operation

1. shaving
2. redrawing the hair line and marking the areas that we are gonna  
implant them
3. anesthesia
4. extracting
5. implanting

## 6. PRP Plasma

for the shaving it depends on the technique for the implanted area

FUE + Sapphire , full shaving

DHI , it can be with shaving or without

for the donor area it will be shaved for sure with all techniques



the redrawing and the marking after the shaving and that will be front of the mirror , the Doctor will discuss with the patient about the new shape

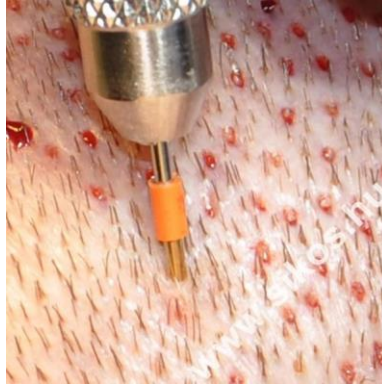


for the women , the shaving will be in a hidden way , under the hair so there will be nothing obvious after the operation



and for sure the anesthesia will be local for the donor area and the area that we are going to implant in it by using the new device which works by pressure and there will be no pain at all

and the anesthesia will be for the implanted areas and the donor area



after the anesthesia, the doctor will start extracting the grafts from the donor area , which located behind the head between the ears and above the ears , by using device which called Micro Meter Extractor.



this device will allow the doctor to extract the grafts which contains of 2 hairs or more than that so we can get the most density

after the extracting immediately the grafts will be put in a special solution , special liquid which called ICE GRAFTS to protect and feed those grafts till the implanting session

and the extracting in one session for the grafts amount will be 4800 grafts from a perfect donor area

more than that it will be in 2 session , 2 separate days

so the visit will be for 5 days 4 nights

1st day preview ,analysis

2nd day the first session

3rd day for the second session

4th day rest

5th day washing

and in another case , it can be in 2 sessions , 2 separate days if we are gonna do the extracting for 2 or more donor areas

in some cases the donor area in the back of the head is weak we need to extract from another areas like under the beard or the chest

the anesthesia for those 2 other areas will be by needle

and it will be the same about the extracting

after the extracting we will go for the implanting



as we said for the FUE , first of all the doctor will open the channels  
in this technique we can make 60-70 grafts in each cm square  
And the diameter of each channel will be 1 mm



the Sapphire will be the same thing , just the tool that we are using to  
open the channels is different and it give us more density , and we can  
go for 80-90 grafts in each cm square  
And the diameter of each channel will be 0.7 mm



and after that they will do the implanting for the grafts in each channel  
, one by one



the DHI , as we said there is no need to open any channels , because we  
can do the implant directly by using the CHOI PEN  
and we can make it by shaving , or without shaving



after the operation immediately there will be a plasma session to reactive the old grafts and prevent them from falling down

and the washing session as we said it will be on the 4th day , after 24 hours of the implant session

and for sure as we said for the beard transplant and Eyebrows implant, its with the same details of the hair transplant

for the eyebrows , it can be by FUE or DHI , but usually we use the DHI technique so we can get the max density

and to implant them at most we use around 500 grafts

## Difference between DHI and FUE

### Search

First, we need to clarify a topic. FUE means Follicular unit extraction and it is a method of collecting grafts, but in the process, called micro motor tools were used to open the holes where the hair was placed into the canal and the name of the cultivation technique was known as FUE.

- Of course, when extracting from the donor area and the reserve areas, the operation takes place in two separate sessions (two days).

And when the number of follicles to be extracted is more than 4,800 follicles, the process takes two sessions as well

- In what case can the patient not perform the operation?

When the donor area does not contain follicles

In the presence of serious diseases (cancer, heart,,,,)

+ 80 years

- 18 years

- In case we have two sessions, the first session will be for extracting and transplant or a total extraction of the donor area and the reserve area and the second day is for transplantation or vice versa

Exactly, each session is an integrated process

Extraction and transplantation, whether the extraction is from the donor area or from the reserve areas

- What are the exact questions that we must ask the patient before the operation and how long does the result last?

Questions to ask the client:

medical questions

The name

Age

Health history, if there was any disease or previous operation

If you are taking any medications, and what is the reason for taking them?

About smoking and its amount

drinking alcohol

sales questions

The expected date of the operation

The most important thing the patient looks for

What is the most important goal for the patient to do the operation?

If so, what is the final result?

- is there any side effect ?

There are no side effects, just swelling due to anesthesia, some pain in the head as well and it can be controlled by painkillers

As we mentioned previously, it is considered treatment for its ease and guarantee of its results, and that the patient on the next day can go out and tour the tourist places

- in case the patient doesn't have 4 days , can we make it in less days ?

for sure we can arrange it in 3 days , if the patient can come in the early morning

before 11 am

we do on the 1st day the analysis and the operation as well

2nd day as a rest

3rd day will be for the washing session and he can travel back

2 days !

for sure we can arrange it but without washing

1st day the same thing analysis and operation

2nd day we only change the bandages and he will do the washing session according to the instructions that we are gonna tell him about them

- the new hair line must start above the first forehead muscle by 2 cm at least

and the drawing will be front of the mirror

- the medical bag that we provide the patient after the operation contains of :

1. medical shampoo

2. medical lotion

3. medical hat

4 medical pillow

5. some medicines to take :

cipro/antibiotic/2 doz daily

dekort/ diurtic/ 2 doz daily

corasirpin/ blood liquifyder/1 doz daily

dexfon/pain killer/ as needed

opagis/stomach protector/ 1 doz daily

and for sure for the extracting we use usually for the DHI , FUE and Sapphire the normal method which is by Micro Meter Extractor

for high level of the results and huge amount of grafts there are 2 other methods for the extracting

## 1. Manual Punch

this technique can give us some advantages like we can extract a lot of grafts without any damage for the grafts

in the normal extracting ( Micro Meter ) we loose around 10% of the grafts because its an automatic device and the control in it less than the Manual device

we use it to get +6000 grafts and it will be in 2 sessions for sure  
we can use for the implant the all techniques ( FUE + Sapphire + DHI )

## 2. Robotic DHI

The extracting will be 100% by the Robotic and it will give us huge number of grafts in one session +6000 grafts  
we can use for the implant the all techniques ( FUE + Sapphire + DHI )

## CANAL(FUE)&DHI DIFFERENCES

The topic we will talk about in a moment will be between the two implantation methods, the Canal Method (FUE) and the DHI method.

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EXTRACTION: FUE technique is used in our clinic to collect grafts in two hair transplantation methods, and grafts are collected one by one through micro motors from the area where we call the donor area and there are no scars after the reception procedure.



In the canal (FUE) method, it is necessary to open the holes where these grafts are placed in the area to be implanted. For this very small cutters are used. In the area to be planted, these small cutters (slit) are drilled by the number of grafts planned to be planted. Then, grafts are inserted into these holes one by one with a tool called a penset. In order for the grafts to be placed in these holes, these micro-holes must be slightly larger than the grafts, which, if less so than DHI, will reduce the density and increase the minimal post-sowing trail.

The grafts collected in the DHI technique are placed in individual implanter tools (CHOI-PEN). Each graft is then directly implanted in the area. Through these pens used, the canals which are exactly the size of the graft will be formed and smaller canals will be opened. In this way;

### Advantages of DHI

#### 1-More density

Since the opened canals will be fully grafted, there will be no loss of space and more frequent density can be done. In the canal (FUE) method, 45-60 centimeters of hair can be added, while DHI can be 80-90 grafts per square centimeter. Therefore, if the patients have a small amount of hair loss, DHI method will be the best option.

#### 2-Implanting on the hairy area

Throug the pens used, smaller holes can be opened and hair can be implanted easily without damaging natural hair.

### 3-Faster recovery

Healing is achieved in a shorter time because of the holes, which can not be larger than the grafts.

### 4-More natural planting

In this way, a more natural image can be obtained in the field where the planting is done, since the direction of each piece of hair can be comfortably connected with the undiluted hair.

### 5-Probability of Minimum Scar

### 6-Back to work faster

### 7-Less bleeding and less scaling.

### 8-The possibility of planting without cutting the hair.

Since there is no such step as canal opening, only the donor area can be planted after cutting the hair in the field.

## **Frequently Asked Questions in Hair Transplantation**

### **Who Can Have Hair Transplant?**

- Men with androgenic type hair loss (related to age, hormones and familial inheritance).
- Those who have bare areas on the hair or eyebrows after a burn.
- Those who have had a hair transplant before but are not satisfied.
- People who have partially bald areas after facelift surgery.
- Those who have partially bald areas due to some diseases.
- Those with female pattern hair loss are candidates for hair transplantation.

### **Who Should Do Hair Transplantation?**

- It should be done by specialist health personnel and a Doctor trained especially in hair transplantation.

- During the procedure there will be one Doctor, two anesthesia nurses and two health personnel trained in hair transplantation.

#### Where and Under What Conditions Is Hair Transplantation Done?

- Hair transplantation is a surgical procedure and should be performed in a hospital environment against possible complications.
- Hair transplantation should be done under sterile conditions in an environment that provides aseptic-antiseptic conditions.

#### How Can I Know If I Am Suitable for Hair Transplantation?

- From the photos you will send; hair analysis, shedding type, donor area controls will be done by the team and it will be decided whether you are suitable or not. There is no obstacle for people who have healthy hair in the nape area to have a hair transplant.

#### How Much Hair Do I Need?

- The amount of hair needed is determined by the hair analysis to be performed by the Doctor. After the shedding type is determined, transplantation can be applied to the areas that are likely to fall. In cases where a single session is not enough, the best results are usually obtained after the second session.

#### Is There any Age Limit for Hair Transplantation?

- For the procedure, the shape of the shedding is more decisive than the age. If the skin becomes visible when viewed with the naked eye, it means that the hair density in that area has fallen below 50% of the normal density. In this case, the most effective treatment to be applied to the person is hair transplantation.

- It can be applied to all patients between the ages of 18-80. All patients with chronic diseases, regardless of age range should have their viral infections under control.
- Hair loss depends on testosterone- Dihydrotestosterone in the body according to age range.

### What is the Importance of Age Factor in Hair Transplantation?

- The most important factor that determines age in the transplantation process is whether the hair loss is over or not. In addition to being a lifelong condition, male pattern hair loss slows down after the age of 35. It should be taken into account that hair loss may continue for the patients under these ages and in this case the patient may need a second or third session.
- The rate of shedding depends on the testosterone- Dihydrotestosterone present in the body.

### How Long Does Hair Transplantation Take?

- On average Hair Transplantation takes 4 – 8 hours. And there will be a break every one hour and half or every 2 hours for 15 minutes
- After hair transplantation, if the person does not want this process to be known in his work and social environment, he needs about 7 days. If he does not have such concerns, he can return to his daily life within 1 day.

### How Long Does It Take to Get the Last Result?

- After the procedure, red crusts are seen in the planting area. You can prevent this by washing your head once a day. In 8-10 days, the crusts are completely shed. The new hair transplanted hair also will fall out with the crusts. Thus, within 7 to 15 days, the patient returns to his pre-surgery appearance.
- The appearance will not change during one month. New hair starts to grow after 2 months. The change in the patient is mostly seen in the 5th and 6th months. In the following periods, it sometimes takes 12-14 months for all the hair to grow. Nutrition

and especially the psychological state of the person after hair transplantation is playing a big role in hair growth.

#### Will Grafts Taken from the Beard and Chest Grow?

- The fact that the regions of the grafts to be taken are changing does not mean that there is no root or that it will not grow.
- Roots will grow even if take the grafts from different areas, but the adaptation period is not as fast as the roots taken from the donor area
- The average growing period can be 14-16 months.

#### Is It Possible to Take Roots from Genital and Underarm Areas?

- In these areas roots can be taken as in other areas, but since in the area where they are located there are too many blood vessels and too many nerve neurons, it is not preferred and not recommended.

#### How is the numbing process done?

- With the Derma Jet equipment called needle-free, the local anesthetic liquid to be given to the area is quickly injected under the skin. The procedure is performed after the area and the amount of anesthetic fluid are analyzed by the anesthesiologist. The local anesthetics used only provide regional numbing. The numb area remains active throughout the procedure and until 4-6 hours after the end of the operation.

#### What Is Derma Jet Used for, What Are Its Advantages?

- It allows local anesthesia to act more quickly and painlessly compared to the needle.
- Although it is especially preferred by patients with needle phobia, it minimizes the numbing time.

### Can General Anesthesia (Sleeping) Be Applied?

- General anesthesia is not needed as the procedure is only regional.

### What is sedation anesthesia ?

- In the sedation procedure, partial anesthesia is provided until local anesthetic fluids are injected.
- Patient is unconscious during the injection.
- The patient does not feel the local anesthesia procedure performed while under the effect of sedation.
- After the numbing process, the patient is awakened and consciously ends the operation.

### After How Long Can We Cut or Shape the Transplanted Hair and Donor Area?

- The donor area can be cut with scissors or with a machine after 2-3 months.
- Although the transplanted area varies from patient to patient, hair can be cut with the help of machine or scissors between 8-12 months in general average.

### Does Hair Transplantation Have Any Disadvantages for Patient Health?

- This is an extremely risk-free procedure that is performed completely under local anesthesia.
- No side effects that may affect health in the post-procedure period have been observed so far.

### Is hair transplantation a procedure that can be applied more than once?

- Hair transplantation may require more than one session depending on the size of the transplanted area and whether the patient's hair loss continues.

### Can the shape of the transplanted hair be determined in the operation?

- The size of the grafts used during sowing and the directions in which they are planted determine the result.
- When the grafts are placed in the appropriate size and direction for the natural growth of the hair called the follicular unit, hair transplantation gives an extremely natural result.

### What are the Techniques Applied in Hair Transplantation?

- **Methods applied in hair transplantation;** It is examined under two main headings as the methods applied during the extraction of hair follicles (graft) and the methods applied during the transplantation of the collected follicles.
- The methods applied during the collection of hair follicles are FUT, FUE (Micro Motor Method) and Manual Punch methods, respectively.
- The methods applied during the transplantation of the collected hair follicles (graft) are listed as opening channels with Slit or Sapphire and direct implanting with DHI pens.

### What is DHI (Choi) Technique?

- DHI- Direct Hair Implantation
- DHI (Choi) is a technique applied with special needle pens.
- It provides the opportunity to transplant the planting area without shaving, because of this feature, it is also called as unshaven hair transplantation technique.
- It is the newest and most successful among the methods.
- Since the skin is less damaged compared to other methods, healing takes place faster.
- Provides the opportunity to plant more frequently as thinner wounds are opened. For the same reason, the hair follicles cling to the tissue more tightly and the success rate of the procedure increases.
- Process time is shortened as no opening channel is performed as in other methods.
- It protects the root quality as it reduces the contact with the hair follicles (graft).
- It is possible to obtain more natural results, as it allows more narrow-angle planting thanks to the DHI(Choi) pens.



- DHI (Choi) pens have special needle sizes for each root thickness. In this way, since the root thickness can be adjusted according to the area to be planted, maximum naturalness is ensured.
- It provides the opportunity to plant without damaging the existing roots in patients with sparseness and who have not yet developed baldness.
- Since it is a new technique, it may not be applied with the same success in every clinic. When choosing a clinic, it is necessary to make sure that this technique is widely used. In our clinic, this technique is successfully applied in more than 90% of hair transplant operations.

#### What is FUE? Follicular Unite Extraction

- It is a method applied with the help of knives such as Slit or Sapphire.
- It is called FUE among the people, but the expression FUE does not fully express this process.
- This method is applied during the planting of the collected roots.
- Unlike the DHI method, in this process, the channel is opened and the hair follicles (graft) previously collected are placed in these opened channels.
- The wounds opened are larger than the DHI method.
- In many patients, the DHI method is more functional than this method, but in some special cases, this method is used instead of the DHI method in our clinic.

#### What is FUT?

- It is a method applied during the collection of roots.
- It is not used much nowadays.
- It is the extraction of small piece of skin from the extraction site, then extracting the hair follicles one by one and performing the transplantation with the FUE or DHI technique.

- There is an obvious balding area in the donor area.
- Numbness may occur in the treated area.
- It lost its popularity with the discovery of the FUE/Micro motor method.

#### What is Micro motor/FUE?

- FUE- Follicular Unit Extraction
- This method is a method applied by a specialist to collect hair follicles with the help of an electronic device with a rotating head.
- Thanks to these devices, which we call Micro motor, root collection process takes place faster.
- The healing process in the donor area takes place within 8-12 days.

#### What is Manual Punch?

- It is a root collection technique used in the first years of hair transplantation before the use of micro motor.
- It is a method that protects skin degeneration completely manually without any technological equipment.
- In this method specialist is removing the root from the skin using a pen-sized equipment with finger movements.
- Healing in the donor area is faster than the Micro motor method.
- Since the operation is completely manual, the operation process is longer than the Micro-Motor method.
- Because of the long operation time, it can be applied as two sessions for patients with large bald area.

#### How is the Hairline Determined?

- It is drawn by taking as a border the Frontalis muscle which is the end of the muscle layer in the forehead area.
- This muscle structure varies depending on the genetics and age of the person.
- Planting on the muscle structure is not healthy, it is definitely not recommended by experts.

#### Can FUT's Scar in the Donor Area and the Donor Area Itself Be Planted?

- Yes, it can be done.
- The patient should not sleep on the planted area for 10 days.
- The planted roots begin to join the skin within 10 days.

#### Can Eyebrow Transplantation Be Done?

- Yes, it is an aesthetic procedure that is especially sought-after by women.
- Only single roots in the donor area are selected and extracted.
- Transplantation is performed within the determined eyebrow line in a way that preserves its natural aspects.

#### Should Supplements Be Used After Hair Transplantation?

- It should be used to accelerate the adaptation process after the procedure and to make the newly transplanted roots grow thicker.
- Among these products there is PRP (platelet rich plasma) which is a concentrate of platelet-rich plasma protein found in own blood of individual.
- PRP is used to accelerate healing and reduce inflammation.
- It has functions such as promoting hair growth, skin rejuvenation, accelerating soft tissue healing.
- Another of these products is Mesotherapy. Mesotherapy is a treatment method applied by injecting vitamin, mineral and amino acid mixtures necessary for hair into the scalp.
- In addition to these products, there are recommended vitamin products. These vitamins activate cell regeneration.

### How is Beard and Mustache Transplantation Applied?

- It is the planning of the beard and mustache line in line with the patient's request, and the root transplantation process is carried out in this area, taking into account its frequency and density.
- Since the beard and hair root sizes are similar in appearance, there is no abnormality.
- As the mustache and beard areas have intense blood circulation, the roots have shorter growing time.

### Will there be options that can replace hair transplantation in the future?

- Currently, the most effective treatment for male pattern hair loss is hair transplantation.
- Although studies on hair cloning are still ongoing, no results have been obtained yet.
- If this is successful, a few hair follicles taken from the scalp will be reproduced in the laboratory, and it will be possible to transplant as much hair in the bald area as the patient needs.

### How Is Hair Formed?

- Hair is long, keratin-containing structures.
- Keratin is a protein that is resistant to breakage and abrasion.
- Our nails are made of keratin just like our hair.
- Like other proteins in the human body, keratin is a large molecule formed by the combination of small molecules called amino acids.
- Keratin in the structure of the hair is made from our dead skin cells (keratin-protein-amino acid-methionine)

### How Many Hairs Are On an Average Person's Head? Does This Number Change with Age?

- A person's scalp has between 100,000 and 150,000 hairs.
- A newborn baby has 400 hairs per square centimeter of scalp.
- In a 25-year-old person, this number drops to 200.
- Between the ages of 30 and 50, the hair density is around 90-150 per square centimeter.
- This intensity gradually decreases as age progresses, unless there is significant hair loss.

### What Gives Hair Color?

- A pigment called melanin gives hair its color
- This pigment is produced by special cells called melanocytes in the hair bulb.
- Two factors that provide the pigment are pheomelanin and eumelanin.

### How Long Is the Life of a Single Hair Strand?

- The life of a single strand of hair is between 2 and 3 years.
- This life cycle consists of 3 periods;
  - I. Anagen (Maturation Phase) covers a period of 3 – 5 years
  - II. 1 – 2 weeks Catagen (Living Phase)
  - III. 3-4 months ends with Telogen (Shedding Phase).

### What are the Causes of Hair Loss?

- Hair loss can occur due to many reasons and it takes different names depending on the cause.
- The most common of these is androgenetic hair loss; It occurs as a result of the effects of male hormones on sensitive hair follicles.
- Although the exact cause of alopecia areata is not known, it is thought to be caused by the person's own immune system.
- Personal hair loss occurs as a result of damage to one's own hair.

- Hair loss can also occur as a result of exposure to certain chemicals, such as radiation or chemotherapy drugs.
- It can occur due to stressful events such as giving birth, ending pregnancy, starting or stopping using birth control pills, pre-menopausal period, or it can occur as a result of sudden and severe mental violence.
- In addition to these, some diseases that damage the hair follicles may also be the cause of hair loss.
- Skin tumors, serious bacterial, viral or fungal infections are just a few of these diseases.

#### How Common Is Hair Loss?

- Hair loss is a problem that can be seen in both men and women. But it is more noticeable in men. The hair of 25% of 25-year-old men has started to fall out a little bit. This rate rises to 50% among 50-year-old men.

#### What determines the amount of hair to be transplanted?

- The number of follicular units to be transplanted varies from person to person, depending on certain characteristics.
- Hair loss type is the most important among them.
- Other factors that determine the amount of hair required are hair color, thickness and shape of the hair, and the possibility of continued hair loss in the future.

#### What are the Types of Hair Loss?

- Physiological hair loss: Sudden hair loss in the first few days of life of newborn babies or widespread hair loss in a pregnant woman after birth are physiological. These are mostly temporary.
- Androgenetic hair loss: This is the most common type of hair loss that many men and women complain about for cosmetic reasons. Basically, male hormones have effects on genetically sensitive hair follicles.

- Alopecia areata: It is mostly seen in young and middle ages. Although the cause is unknown, this disease is thought to be caused by the person's own immune system.
- Personal hair loss: It occurs as a result of conscious or unconscious damage to one's own hair.
- Anagen effluvium: It is the name given to sudden hair loss that develops as a result of exposure to certain chemicals or radiation. It is mostly seen due to chemotherapy and radiotherapy applied to cancer patients.
- Telogen effluvium: Hair loss due to physical and mental stress.
- Wound-induced hair loss: Hair loss on and around areas exposed to physical or chemical trauma.

### Is It Normal to Lose My Hair While Washing It?

- It is normal to lose an average of 30 – 70 hairs every day while combing or washing hair.

### Does Stress Cause Hair Loss?

- Stress can cause widespread hair loss in some cases.
- This type of hair loss, also called Telogen effluvium, is different from androgenetic alopecia.
- If the cause of stress is removed, the hair that has been shed will grow back in about a year.

### What Does Androgenetic Mean?

- Androgenetic hair loss results from the effects of male dihydrotestosterone, also called androgens, these effects the hair follicles in genetically susceptible individuals.
- Androgenetic hair loss is also called male pattern hair loss or androgenic hair loss.

### What is the Role of Genes in Androgenetic Hair Loss?

- Genes determine the sensitivity of hair follicles to male hormones, and androgenetic hair loss only occurs in people with this particular gene.

### How Does Hair Loss Occur in Women?

- Although the causes and mechanics are the same, androgenetic hair loss in women is different from that in men in some aspects.
- Hair loss in women starts later.
- Hair loss in women affects large areas and hair density decreases in almost the entire scalp.
- In men, the hair on the back and sides is mostly preserved, while the front and top areas are opened.

### Will I Have Pain After Hair Transplantation?

- You may have complaints such as pain, tingling, itching and tingling in your donor area or planting area immediately after the procedure.
- These complaints do not last more than a day and are relieved with a mild pain reliever given by your doctor.

### Will I be wrapped in a bandage after the hair transplant procedure?

- After the planting process is completed, the planted area cannot be covered. You are asked to wear a headband for the first few days only so that the area where the root is taken is not exposed to external effects.
- The donor area should not be kept closed for 24-45 hours to protect it from infection.

### Will my transplanted hair ever fall out?



- Although hair loss is an ongoing process, the risk of shedding in the future is very low, as your transplanted hair is taken from the area most resistant to hair loss.

#### When can I get the hair I want with a hair transplant?

- Your transplanted hair enters the resting period immediately after the procedure.
- These hairs start to grow again within 6 months following the procedure.
- When all your transplanted hair reaches a certain length, you will achieve the look you want.

#### Is Transplanted Hair Different from Normal Hair?

- The transplanted hair is also your normal hair.
- Like any hair, it can be combed, washed, shaped and dried within normal limits.
- It does not require any special care.

#### How Long Do I Have to Wait If I Need a Second Procedure?

- You can have your second procedure 6 months after the first follicular unit transplantation.

#### Why Was Artificial Hair Strands Banned?

- Since artificial hair strands frequently cause abscesses and chronic infections, it is no longer applied.

#### Does Hair Transplantation Affect Sexual Strength?

- It is not possible for a hair transplant operation to negatively affect sexual power.
- In addition, positive effects are seen in the whole life of the person who has had hair transplantation due to the increase in self-confidence.

#### What are the possible complications after hair transplantation?

- If the person undergoing hair transplantation has an acneic skin, there may be some acne between 2 and 4 months. However, as the hair grows, it decreases and disappears completely.

#### Is the season important in hair transplantation?

- Hair transplantation does not have a season, but the thing to be careful about is not to swim in the sea and pool for 2 months in summer.

#### Is It Right to Wait to Be Completely Bald to Have a Hair Transplant?

- It is absolutely wrong to expect the hair to fall out completely.
- A person with complete baldness can become completely hairy with only 2 sessions of hair transplantation.
- The quality of the donor area may decrease.

#### How Can People Coming from Abroad Can Have Hair Transplantation?

- People coming from out of city or abroad for hair transplantation can stay at one of our contracted hotels at the most affordable prices.

It is enough to stay here for 4 days. With the hair transplant procedure on the 1st day and the first washing of the hair on the 4th day, after the return permit takes place.

#### What the steps during the Hair Transplantation?

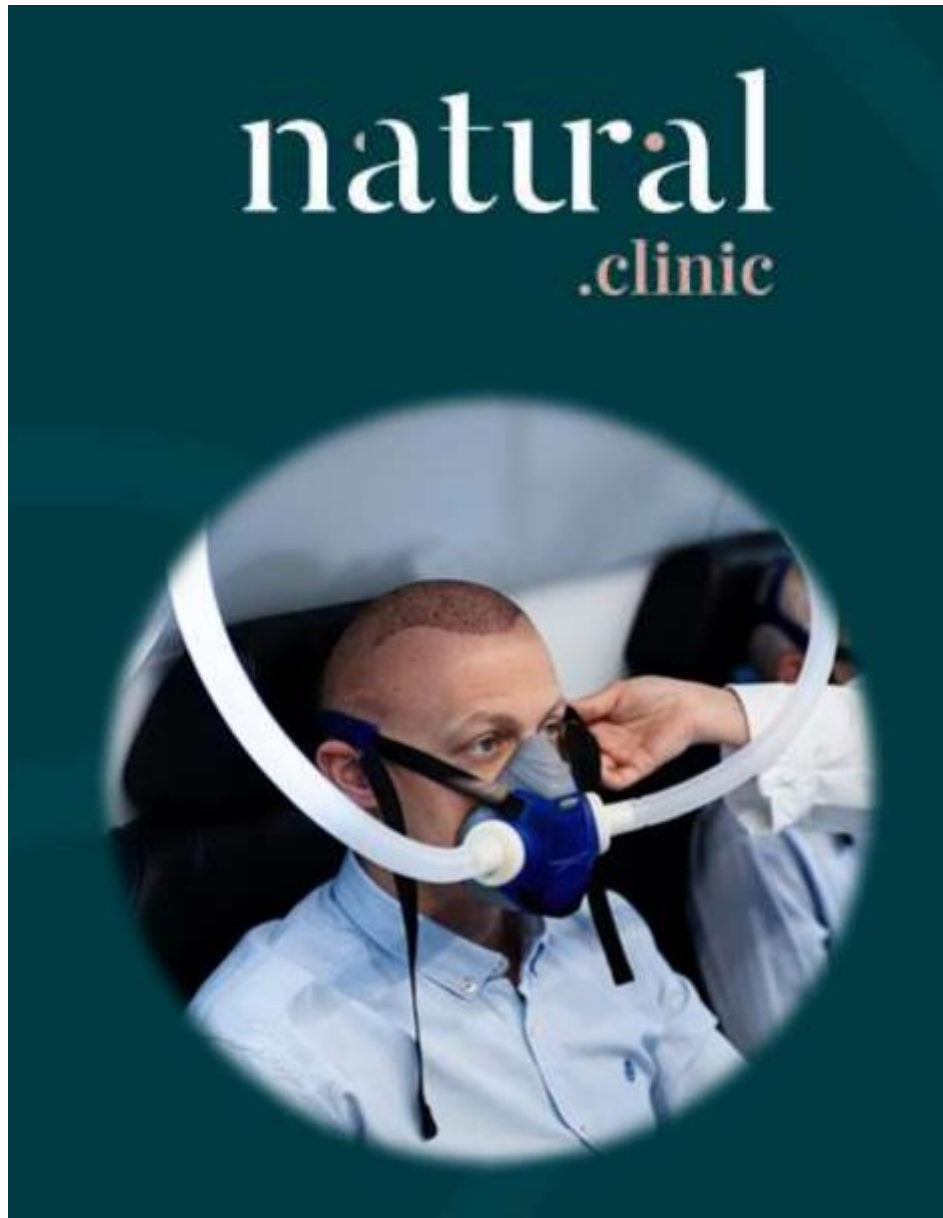
- Shaving
- Redrawing the hair line and marking the areas
- Anesthesia

- Extracting
- Implanting

#### Who Cannot Have Hair Transplantation?

- We can list the people who cannot have hair transplantation as follows;
  - It does not apply to people under the age of 18 and those aged 80 and over.
  - Diabetes patients who cannot be kept under control.
  - Blood pressure patients who cannot be controlled.
  - People who have very little, sparse or none of the hairy area on the nape to be extracted.
  - Blood disease (Hemophilia, Behçet etc.)
  - Cancer patients
  - Patients who have experienced trauma in the transplant and donor area.

# HBOT



Hyperbaric oxygen therapy (HBOT) is a treatment method whose importance and usage area has increased in recent years. Its

importance will be understood more and more in cosmetic surgery.

When you search for a title about hyperbaric oxygen therapy in Pubmed, 5284 publications will come to you. In this short presentation

What is hyperbaric oxygen therapy (HBOT)?

What is the HBOT mechanism?

What are the indications?

What are the complications of the procedure?

In what situations is it not applicable?

Important publications on the subject

- Oxygen is at the center of every biochemical process in our living bodies. 90 percent of the human body's energy comes from oxygen while the remaining 10 per cent comes from food and water. You can survive for weeks without food and water, but without oxygen – not more than a few minutes.
- Oxygen feeds your body, supports your immune system, destroys toxic substances and promotes the growth of new cells.  
Insufficient oxygen affects the well-being of most people and is the prime cause of illnesses, fatigue, stress, premature aging and other ailments.

- Significantly, oxygen has been found to be an important component in skin rejuvenation, treatment of photo-aging skin, and improvement in skin complexions.
- Hyperbaric Oxygen Therapy (HBOT) enables you to reach your wellness goals by healing the human body within and outside. It is the most efficient method of delivering oxygen directly to the cells throughout your body.
- HBOT has been used over the past 40 years in the western and other parts of the world, not only to treat serious medical conditions, but also used as a tool in wellness, anti-aging, aesthetic and sports therapies.

#### How it works

- There should be no confusion of understanding the difference between HBOT and oxygen inhaled from oxygen bars. In HBOT, oxygen is delivered to your cells through systemic breathing under pressure that is higher than atmospheric oxygen levels. An enclosed chamber is used as a device to exert pressure and oxygen as the gas of medium delivered to your body tissues through all your body fluids and not alone through red blood cells.

## How it benefits in wellness & anti-aging

- Without adequate oxygen in the tissues, the body's natural healing process fails to function properly and we begin to see damaged tissues, decreased tissue function, slow healing, dry and sagging skin, aging, fatigue, wrinkles and a variety of other symptoms.
- HBOT makes your stem cells healthier, thereby, enabling them to repair your bodies and rejuvenate you inside out. The term is used in wellness, anti-aging and spa centers worldwide for its rejuvenating properties.
  - The Anti-aging effects of hyperbaric oxygen build a strong foundation for aging without looking or feeling old. It improves the quality of life, a potentially great longevity and anti-aging tool.
- One of the most spectacular uses of HBOT being recognized is for its powerful detoxification benefit. Your skin is largest organ and toxins in your body show up as blemishes and discolorations. Hyperbaric Oxygen Therapy removes these toxins and the aesthetic benefit to your skin is that it becomes fresh, rejuvenated and healthy.



### Commonly Accepted Indications for Hyperbaric Oxygen Treatments

- Air or Gas Arterial or Venous Embolii
- Severe or Symptomatic Carbon Monoxide Poisoning
- Clostridial Myositis and Myonecrosis (Gas Gangrene)
- Selected Crush Injuries, Compartment Syndromes, and other Acute Traumatic Ischemias
- Decompression Sickness



- Selected Arterial Insufficiencies, including Central Retinal Artery Occlusion and the Enhancement of Healing in Selected Problem Wounds
  - Severe otherwise Untreatable Anemias
    - Certain Intracranial Abscesses
- Selected Progressive Refractory Necrotizing Soft Tissue Infections
  - Chronic Refractory Osteomyelitis
- Delayed Radiation-Induced Injury with Bony or Soft Tissue Necrosis
  - Compromised Skin Grafts and Tissue Flaps
    - Acute Thermal Burn Injuries
- Idiopathic Sudden Sensorineural Hearing Loss

Who is not recommended?

It can cause low blood sugar. In people prone to hypoglycemia

Lenses need to be removed

in cataract

It is not recommended for those with ear-related diseases.

Not recommended for people with pacemakers

Active Sinusitis and upper respiratory tract inf. when it happens

What does the patient feel?

It is recommended not to smoke at least 1 hour before the treatment and at least 4-5 hours after the end of the treatment.

In the first minutes of the treatment, which is called “diving”, patients feel the pressure increase in their ears as “fullness” or “clogged” in their ears, just as they feel during the descent on an airplane journey or when descending from high mountains.

Patients are told how to equalize the pressure in their ears during increased pressure. This is usually done simply by swallowing, or by closing the nose and mouth at the same time and blowing air without leaking it (Valsalva Maneuver). This process is only done during the dive, until the treatment pressure is reached. If you cannot perform the ear equalization maneuver for any reason, you may experience pain in your ears. When you report your situation to the staff on duty, your ears are expected to relax and the treatment is continued after the problem is resolved.

You will hear your voice more subtle. Gases that increase in density with increasing pressure cause the sound to be heard in this way. This condition ends when you exit treatment.

You may feel the cabin temperature rise until the air conditioner is activated. During the pressure reduction, you will feel the temperature in the cabin decrease.

### SIDE EFFECTS

- Possible symptoms or side effects after HBOT can include fatigue and lightheadedness. More severe problems can include:
  - Lung damage
  - Fluid buildup or bursting (rupture) of the middle ear
  - Sinus damage
  - Changes in vision, causing nearsightedness, or myopia
- Oxygen poisoning, which can cause lung failure, fluid in the lungs, or seizures

Side effects are generally mild as long as:

The therapy doesn't last more than 2 hours

The pressure inside the chamber is less than 3 times that of the normal pressure in the atmosphere

## In a nutshell

HBOT is the most outstanding of all therapies with no serious side effects. It is a natural, safe and drug-free therapy that will help you to 'look and feel your best'. There is no other anti-aging and wellness therapy that is so effortless and yet so effective.