



## **IADVL SIG Dermatosurgery (2019-2020)**

### **IADVL Academy**

#### **Patient education leaflet: Frequently asked Questions (FAQ's)**

##### **Hair Transplantation**

**Disclaimer:** This leaflet has been produced to give you general information. Most of your questions should be answered by this leaflet. It is not intended to replace the discussion between you and your doctor but may act as a starting point for discussion. If after reading it you have any concerns or require further explanation, please discuss this with a member of the healthcare team.

#### **1. What is hair transplantation?**

Hair transplantation is a procedure in which hair is removed from back of scalp, the permanent hair-bearing region (the “donor” area) and transferred to bald or balding areas of the scalp (the “recipient” area). The transplanted hair has the same color and other characteristics as the hair of the donor area.

#### **2. Where hair transplantation is indicated?**

Hair transplantation is indicated in Male pattern baldness, Female Pattern Hair Loss (FPHL) and also in hair loss secondary to scarring after surgery, trauma or burns. It is also indicated for Eyebrow, Eyelash, Moustache and Beard reconstruction.

#### **3. What are the techniques of hair transplantation?**

Hair transplantation can be performed by two techniques. The first method is **strip method** in which a 1-1.2 cm wide strip of scalp skin that is removed from the donor area, stitched to leave a narrow scar. Follicular units/hair grafts are separated using magnifying loupes and transplanted on balding scalp. In **Follicular Unit Extraction (FUE) technique**, small, round punch is used to extract each individual Follicular unit directly from the donor area. It has the advantage of avoiding the production of a linear scar in the donor area, but implantation remains the same.



**4. What are the sequelae following hair transplantation?**

Usually all of the transplanted hairs will initially fall out within a period of two to three weeks. Approximately, two to three months later, they regrow in the recipient area. Thus, it requires 6-9 months to produce satisfactory results.

**5. Is the procedure painful?**

You may feel the initial injection prick of anesthesia after that there is no pain and you will be conscious throughout procedure, without pain.

**6. How many sessions will be required?**

The number of sessions depends on area to be covered.

**7. What is the duration of surgery and down time of procedure?**

The whole procedure is day care procedure and total stay in hospital would be for 8 to 10 hours. You can resume normal activity almost immediately, but it is advised to relax for 3 days.

**8. What are the expected side effects?**

Pain after surgery is well taken care of with medicines. The chances of infection are also minimal to absent as the procedure is done in well-equipped sterile Operation Theater under aseptic precaution. As Local anesthesia is injected, some patients can develop swelling of forehead and swelling around the eyes after 1- 3 days, so avoid bending and sleep in lateral position. You can do ice massage on forehead and usually it subsides in a week. Some patients can develop rare side effects like boils, etc. but these are treatable. There are no permanent side effects.

**9. When would it be required for me to follow-up?**



Your First follow-up will be on day 3 of the surgery, for head wash and at day 15 to start regular medicines. Thereafter, sessions will be required every 6 weeks if you are enrolled for Platelet rich plasma sessions.

**10. How early can I resume work?**

You can resume your work 3<sup>rd</sup> day onwards.

**11. What treatments, if any, will be required after transplantation?**

You will have to continue using your medical treatments even after transplantation to prevent any further loss of existing hair from the balding area. Transplanted hair do not require any treatment.

**12. What will be the post-surgery instructions I will be required to follow?**

Post-surgery instructions will be very simple and easy to follow. The initial 3-5 days after the surgery are very important. Follow normal saline spray every 2hrs for 48hrs. In addition, you need to take few medicines like pain killers and antibiotics. Head wash is given on day 3 at hospital. You need to start topical treatments 2 weeks after surgery