

Aspire Procedural Information Guide Hair Transplants

Welcome to your Aspire Experience. This is your informed decision informational packet. It will give you information concerning your Aspire surgical experience from the start to the completion. It is important that you read this information carefully and completely.

For both men and women, hair loss can be embarrassing and make you look older than you are. But you may not have to resign yourself to a permanent hat or the dreaded comb-over. You may be a candidate for hair transplants.

There are a variety of hair transplant options, all using your existing hair. If you have adequate hair that can serve as donor hair to cover your balding areas, you might enjoy a significant restoration of your appearance before hair loss.

Consultation

If you're considering hair transplants, you'll first meet with Dr. Lee. He will take the time to get to know you and talk about your goals for your hair transplants.

Be prepared to share your medical history, including family history of hair loss, previous surgeries, medical conditions, drug allergies and current medications. Dr. Lee will conduct an exam to assess your skin and hair to be sure you have ample hair for transplants. Your hair texture and curliness can affect the outcome of your hair transplants. Dr. Lee also will take photos for your records.

Tell Dr. Lee if you suffer from high blood pressure, blood-clotting problems or the tendency to scar easily.

Before Your Hair Transplant Surgery

Knowing what to do and what to expect before your hair transplant will make for the best possible outcome.

If you're a smoker, you will be asked to stop smoking well before surgery. You may need to get lab testing or a medical evaluation, to take certain medications or adjust your current medications. You will need to avoid aspirin and certain anti-inflammatory drugs before surgery, because they can cause increased bleeding. Dr. Lee will provide additional preoperative instructions.

Your Hair Transplant Surgery

Aspire primarily uses micro-hair transplant procedures, in which just a few hairs are removed at a time from your existing hair and transferred at random intervals to your balding areas. These procedures require only local anesthesia.

Small stitches are used to close graft donor sites; these will later be hidden by the surrounding hair. In flap surgery a portion of scalp with hair is lifted and stretched over a balding area to extend the hairline.



Other possible techniques include punch grafts and scalp reduction. Dr. Lee will recommend the procedure best for your situation.

Hair transplantation often is performed in stages to achieve a full and natural look. If the transplants survive, the transplanted hair will fall out after about six weeks, but new hair will grow in its place, and the results will be permanent. The full process may take as long as two years to achieve your desired effect.

After Your Hair Transplant Surgery

Your scalp will be covered with gauze, and you may need to wear a compression bandage for a day or two. Your scalp may feel tight and tender for the first few days. You will be able to wash your hair two days after your hair transplant procedure. You'll return to Aspire for a follow-up visit after a week, and your stitches likely will be removed at this time.

You should be able to return to work after a few days and resume light exercise. You'll need to avoid strenuous activities and contact sports for three weeks after your procedure.

Important Facts About Hair Transplant Risks and Complications

Major complications with hair transplants are rare, but all surgery comes with risks. The risks most common to hair transplants include:

- Excessive bleeding
- Wide scars
- Graft failure, causing a need for revisions
- Patchy results, if the existing hair continues to thin
- Anesthesia risks

Dr. Lee will discuss these risks with you during your consultation. Please be sure to ask him about any questions or concerns that you might have.

The Results of Your Hair Transplant

While hair transplants won't restore a full head of hair, you can look forward to fuller and more evenly distributed hair. You'll enjoy a younger, more natural look and the increased confidence that comes with it.

The key to a truly successful hair transplant procedure is maintaining an open line of communication with Dr. Lee and adhering to his recommendations. He and his team are eager to respond to your questions—they are your partners in achieving the results that you seek.