



Understanding Hair Loss and the ARTAS[®] Robotic Hair Transplant



ANDERSON
HAIR SCIENCES CENTER
Advancing the Art and Science of Hair Restoration



The ARTAS®
Robotic System

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Understanding Hair Loss

Hair loss is a common condition that affects people of all ages. Statistics show that 35 million men experience hair loss and two-thirds will have noticeable hair loss by age 35.

If you are noticing that your hairline is receding or thinning, or are seeing more hair than usual in the shower drain, you may be wondering about permanent options to treat your hair loss.



Why am I losing my hair?

Hair loss is a significant concern for many men. There are clear causes linked to genetics, aging and a number of other influences such as medication, physical or emotional stress, thyroid problems, skin infections and hormones.

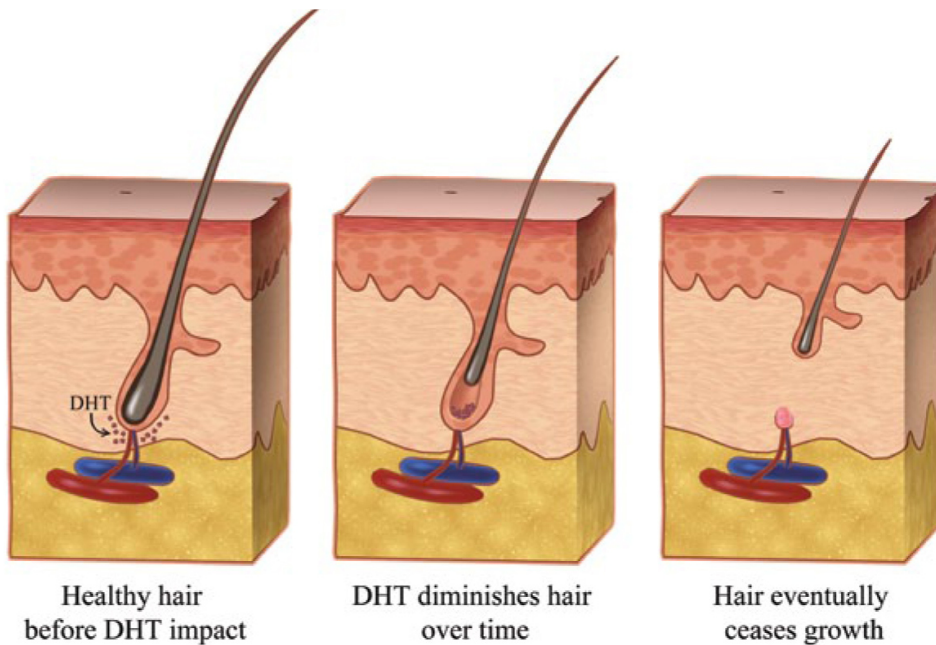
Balding can begin as early as puberty, but usually takes place later in life. Contrary to popular belief, your maternal grandfather's balding history is not a clear indicator of what will happen to you. Genes are passed down from your mother and father, but even if there is no evidence of hair loss on either side of the family, you can still lose your hair. In fact, by age 35, two-thirds of American men will have some degree of noticeable hair loss and by age 50 approximately 85% of men have significantly thinning hair.



Why is my hair thinning?

More than 95% of hair thinning in men is attributed to Androgenic Alopecia, also known as male pattern baldness. This common hereditary condition results when hair follicles at the top and front of the head become sensitive to the hormone dihydrotestosterone (DHT).

In such cases, hair becomes thinner over time, deteriorates or eventually becomes dormant. Healthy hair follicles that are resistant to DHT usually remain around the sides and back of the head, but may persistently become weaker and finer.



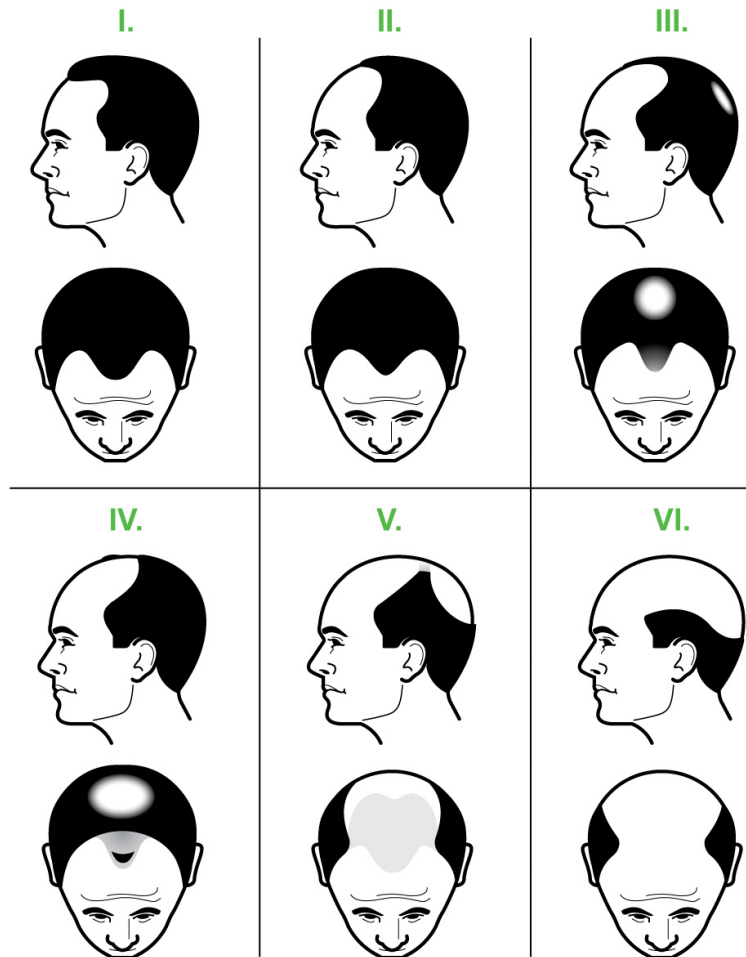
How far will it go?

If you are experiencing hair loss, you are probably wondering how far it will go. What can you expect to look like over the next several years or in the future? Will you like how you look?

For men, hair begins to recede at the forehead or the crown. The question then becomes how much hair loss should you be concerned with? And which treatments can reverse it?

The average person sheds anywhere from 50 to 100 hairs a day, an undetectable amount compared to the roughly 100,000 hairs on your head. If you suddenly notice a significant amount of hair being left behind in your comb or on your pillow, it may be the first sign of balding.

Rate yourself! Where are you now?



Introduction to the ARTAS Experience

The ARTAS Robotic Procedure was designed with you, the patient, in mind. You can now expect natural results in a minimally invasive, virtually pain-free procedure that leaves no linear scar.

The procedure has many advantages over previous methods, and it is Dr. Anderson's goal to help you restore your hair and obtain the outcome discussed during your consultation with as little disruption as possible to your daily routine.

The information is provided to assist you in the planning and preparing for all the stages of your procedure. In addition to this information, Anderson Hair Sciences Center will provide you the medical information you need to follow pre- and post- procedurally.



Pre-procedure Preparation

How to have your hair cut in preparation for your ARTAS Robotic Procedure at the Anderson Hair Sciences Center

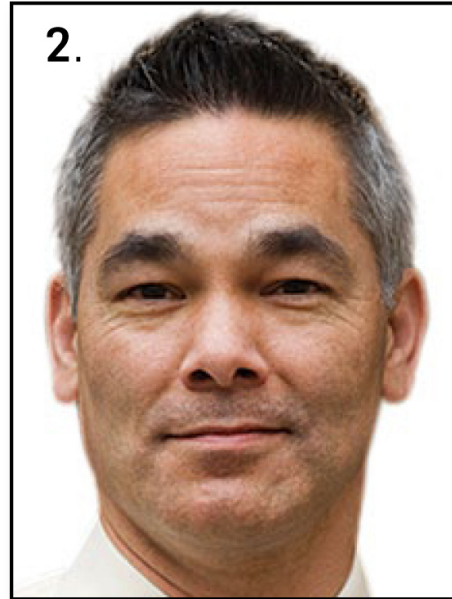
The following information is provided to assist you in the preparations for your procedure and help minimize any noticeable effects of your procedure.

- 1.** The ARTAS Robotic Procedure (ARP) is one of the least invasive hair transplant procedures offered today and greatly reduces the downtime of an average hair transplant. The ARP requires no stitches and leaves no linear scar on the back of your scalp; therefore you will be able to wear any hairstyle you wish following your procedure. In order for the ARTAS robot to select the very best hairstyles possible for your transplant, it functions best when your hair is cut close to your scalp.
- 2.** We find that most patients find it helpful to get their hair cut shorter in stages, rather than all at once on the day of their procedure. This makes the transition less noticeable to family, friends, and co-workers. Dr. Anderson works closely with prominent local salons who can assist you with your styling options prior to your procedure.
- 3.** If you choose to visit a salon recommended by Dr. Anderson, you can be assured that your stylist is aware of the haircut requirements associated with the ARP and will have your hair cut to the correct length by the time of your procedure. Additionally, we have provided a few photographs showing sample haircut options to wear about 2 weeks prior to your procedure. Some additional trimming will be done at our Center by Dr. Anderson prior to your procedure.

Pre-procedure Preparation

4. The easiest way to prepare for the appropriate haircut prior to your procedure is to shorten your hair length over 2 or 3 haircuts (depending on current length , and the time you start your ARP). On the following page, you will find examples of modern stylish cuts you may use with a guide when you visit the salon for your pre-procedure haircut(s). Most patients maintain their current style but with a shorter length on the 1st haircut, then the transition to one of the suggested styles on the 2nd haircut. Ultimately the desired length of the hair in the back of the head (the donor area) is to be 1 mm on the day of your procedure.
5. For most patients the hair in the back of their head (the donor area) has grown back to a blending length within one week, and they have returned to the same appearance as just prior to their procedure.

Pre-procedure Preparation



Sample Transitional Haircuts

Pictures 1-3: Transitional haircuts leading up to your procedure

Picture 4: Final haircut you should have 2 to 3 days before your procedure

The Day of Your ARTAS Robotic Procedure

Prior To Your Procedure

You will meet with Dr. Anderson in the mid-afternoon on the day prior to your procedure. At this time, Dr. Anderson will take your pre-operative photographs and plan with you in a detailed, unhurried fashion where the new hair is to be transplanted. This may involve a discussion about the reconstruction of your frontal hair line or the areas of thinning on your scalp that most concern you. Dr. Anderson will then create the sites for your new grafts after administering local anesthesia, so the process is painless. You won't need any sedation, so you can drive home from the pre-procedure meeting.

The next day, your procedure day, you will arrive early in the morning to our Center, receive sedation, and the ARTAS Robotic Procedure will begin after your scalp is anesthetized by Dr. Anderson. You should eat a regular breakfast, without caffeinated beverages (eg: no coffee), and wear comfortable clothing, including a button down shirt. There will be music playing during the day to help you relax.

During Your Procedure

During the procedure, you will be seated, and your head will be in a custom memory-foam pillow, much like a massage chair. Dr. Anderson has refined and perfected the hair restoration procedure over the past decade around principles of a natural, permanent result, patient comfort, and returning patients to their normal daily activities as soon as possible. Dr. Anderson and his team will do everything we can to ensure your comfort. You will be awake, but sedated during the procedure, so time will pass quickly. There is time for breaks during your procedure, for the catered lunch, bathroom breaks, etc.

Following Your Procedure

You can return home immediately following your procedure, however you are not permitted to drive, due to the sedation. Dr. Anderson will provide you specific instructions regarding post-procedural care of your new grafts, as well as all the supplies you will need at home, so there's no need to worry about items needed after your procedure. Dr. Anderson will also set up your follow-up appointment.

Post-procedure Care

What to Expect After Your ARTAS Robotic Procedure

Immediately following your Procedure

Dr. Anderson will provide you post-operative instructions, including directions for sleeping, activity modification, when can return to vigorous workouts and sexual activity, sun protection of your scalp and any medications, creams or ointments you may require. Most patients experience very little pain after hair transplantation. You will be given both narcotic (e.g.: Vicodin) and non-narcotic pain relievers (e.g.: Aleve) to control any discomfort. Most patients don't require any Vicodin following their procedure, as Aleve or Motrin is very effective in limiting the small amount of discomfort you may have.



The day and week following your procedure

The important thing when washing your hair is to be very gentle. We recommend using baby shampoo on your hair the first five day following your procedure using the "pour cup shampooing" technique. Rinse your head slowly with slightly warm to cool water using a cup. Do not use hot water. After rinsing, in the same cup, pour in a quarter-sized amount of the baby shampoo. Add cool to warm water to the cup, rotating in a circular motion while filling, so that the shampoo mixes with the water. Slowly pour the shampoo/water mix onto your scalp, concentrating on the grafts and the donor area (back of the head). Repeat if necessary. Rinse remaining shampoo off your scalp using the cup of warm water. DO NOT use a towel to dry your hair.

You are encouraged to call our Center with any questions whatsoever about your post-procedure care. We offer platinum-level

Post-procedure Care

Hair Care Tips

- Do not aggressively manipulate, scratch or pick the transplanted area with the fingertips or fingernails for the first 3 days following the procedure. You may shampoo softly in a circular motion on the 6th day following surgery.
- Allow your hair to air dry. Do not blow dry or use hair styling products the day after surgery or as directed by Dr. Anderson's instructions. Hair combing may resume the day after surgery; however the comb should not touch the grafts themselves.
- You may resume your normal shampooing routine after 7 days, or as instructed by Dr. Anderson.
- The written instructions provided by Dr. Anderson will cover all aspects of care, including when you can use a blow dryer, hair spray, mousse, gel, chemical hair treatments, perms, hair color treatments, Revivogen Scalp Therapy, Rogaine, and Propecia.



Donor Area

- Because hair is freshly cut, trimming the donor area to 1 mm will be less noticeable.
- After the procedure, the donor area grows quickly and blends with your surrounding hair.
- Typically the donor sites undetectable in 7 to 10 days.



Donor area -
Before procedure



Donor area -
1 week later



Donor area -
9 months later

Hair Growth

Hair growth typically begins around the 3rd and 4th month after your procedure. The majority of hair growth usually occurs between 5 and 8 months following your procedure, with the remainder of growth between 8 and 12 months.

This is a guideline regarding hair growth following your procedure. There are some patients who experience growth up to 1 year or more post-procedurally.



Hairline before the procedure



Hairline 9 months later



Hairline before the procedure



Hairline 12 months later

Precision robotics and Dr. Anderson's 11 years of FUE experience and expertise deliver **safe, consistent, and natural-looking** results you will enjoy for a lifetime.

Frequently Asked Questions

How does the ARTAS Robotic Procedure work?

The ARTAS Robotic Procedure is a minimally invasive hair transplantation solution that leverages digital imaging and precision robotics to harvest healthy grafts for transplantation. Unlike some other methods of hair transplantation, there is no need for the surgical removal of a strip of scalp from the back and sides of the head, no linear scar left after your procedure and no need for stitches to close the wound. You will benefit from a quick recovery time and will be able to return to normal activities and work sooner.

Should I cut my hair before the treatment?

Yes. Trimming your hair in the donor area allows the ARP to accurately visualize, track and harvest each grouping of hairs. You will receive instructions on having your hair cut shorter in preparation for your ARP.

How will my hair look after the ARTAS Robotic Procedure?

The ARTAS Robotic Procedure provides extremely natural looking results. After the procedure, you are able to wear your hair any length or style with confidence.

How is the ARTAS Robotic Procedure different than “Hair Plugs”?

Old fashioned “hair plugs” included the harvesting of large patches of hair that resulted in an awkward and unnatural appearance once implanted. In the ARTAS Robotic Procedure, hairs are harvested in their natural groupings and then transplantation provides you with the look you desire, including a great looking hairline and a fuller head of hair.



Frequently Asked Questions

Are ARTAS Robotic Procedure hair transplant results permanent?

Yes. The ARTAS Robotic Procedure uses your own permanent growing hair, typically from the back of your head, and Dr. Anderson implants this hair to the thinning areas of your scalp. As this hair is not susceptible to the conditions that cause male pattern baldness, transplanted hair will last a lifetime.

How long does it take to recover and heal?

Recovery time with the ARP is less than with most surgical cosmetic procedures. Since there are no scalpel incisions or stitches required with the ARP, healing time is short, and you can usually go back to your daily activities after a day or two. If you would like to schedule a follow-up visit the morning after the procedure to have Dr. Anderson examine your scalp and to teach you how to take care of your newly implanted hair we would be happy to make those arrangements for you.

When will my hair start to grow?

Transplanted hair grows naturally in phases. Hair growth typically begins around the 3rd and 4th month after your procedure. The majority of hair growth occurs between 5 and 8 months following your procedure, with the remainder of growth between 8 and 12 months.

Will people know I have had a hair transplant procedure?

With the ARP, any scarring is minimal and is nearly undetectable. Your new hair grows in gradually, reducing the chance that people will notice the procedure. Your friends and family will comment that you look better, younger, maybe even ask you if you have lost weight but the results from your hair transplant will be subtle and natural.



Frequently Asked Questions

Does the ARP hurt?

The ARP, an outpatient procedure performed in Dr. Anderson's office, requiring only a local anesthetic. You will feel virtually no pain. Some patients can experience minor discomfort and swelling post-procedure, which subsides in 1 to 3 days.

Will there be visible scarring in the donor area?

Because the ARTAS Robotic System selectively harvests individual hair groupings rather than removing a large area of scalp requiring sutures, there is minimal scarring in the donor area. Hair can be worn fashionably short, or in longer styles, whatever you prefer. You are not limited by having to cover scarring.

What is the price of the ARP?

Your investment can only be determined after your consultation with Dr. Anderson and depends on the amount of new hair that you desire/the physician deems necessary. We will also discuss your payment options with you and provide you with that information for your consideration.





ANDERSON

HAIR SCIENCES CENTER

Advancing the Art and Science of Hair Restoration



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