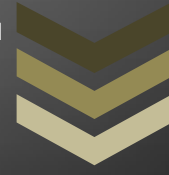


HAIR TRANSPLANT PATIENT MANUAL



This manual is a guide for hair transplant patients who will be operated in Private Çevre Hospital.

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1. Introduction

Hair transplant surgery is a permanent solution for men and women who have stress, hormonal and genetic or similar causes of hair loss. It is almost same after the operation even if the price is different according to the method used and the number of roots planted. Crust, redness and scratching are observed in the scalp after application of hair transplant. Sometimes this can be a disturbing issue for individuals who have undergone surgery.

2. Assessment of eligibility

The person's hair loss type, donor area checks and hair analysis are performed during examination. As a result of the evaluation, it is decided whether the person is eligible for treatment. The number of grafts required is determined. Preliminary consultation is done and operation time is planned. Patients whose operations are definitive are confirmed by mini check-up and are eligible for treatment.

3. Medical background evaluation required for the medical process

The patient's medical background are questioned and the medical procedures to be taken before, during and after the operation are important for ensuring the safety of the patient and the employees before all the medical procedures to be done.

The questions we want to be answered for medical safety of our patients are given below.

- 🚦 Do you smoke? If yes, how often?
- 🚦 Do you use alcohol? If yes, how often?
- 🚦 Do you have a chronic illness? If so, what is it and what have you been living since.
- 🚦 Do you regularly use medication? If yes, write name and quantity information.
- 🚦 Are you allergic to food or drugs? If yes, write their names.
- 🚦 Have you ever had a surgical operation before? If yes, what kind of operation and date
- 🚦 Do you have relatives who have hair problems in your family? If yes, write the degree of closeness.

4. FUE Technique

What is FUE Method? This technique is based on the principle of removing hair follicular units with special devices called micromotors or microdilars made for this procedure without the use of a surgical blade. The upper layer of the skin is removed in a way that the hair is left in the middle and again with the micropensets specially produced for this process, each follicular unit is removed without any harm to the underlying loose tissues with the micromotor with special tips of 0,6-0,8 mm. Each follicular unit contains 2-5 hair and roots. Before this operation, the follicles are shaved in the area to be removed in a 1-2 mm form. An area shaved locally when the surgery performed for women. Thus, the shaved area is camouflaged with hair extending from the top. Oral medication is given before the procedure to make the patients feel comfortable and do not feel pain. Local anesthesia is performed to both the recipient and the donor site before transplanting. Single folliculars are transplanted to the forehead area.

FUE PLUS TECHNIQUE

In hospitals, we are applying the Fue Plus Technique for hair transplantation, which was first started in America and it is applied to that day. It is possible to direct the channels with this method. Each step is performed with special bisturis cording to the thickness of grafts with this technique. FUE-PLUS and MEGA SESSION varieties are advanced in hair transplantation. intensive labor, experience and appropriate materials are required.

FUE PLUS TECHNICAL SPECIFICATIONS

How is MICRO-FUE made? Hair transplant surgery is made with 1 plastic surgeon and 1 anesthesia specialist with a team of 5 people in a special environment hospital with sterile conditions are also operating room conditions. The important thing is here only because of the fact that it is done in a private room in a private hospital or a polyclinic hospital or in a hospital room. But also the surgery rooms involves special purification systems such as asepsis antisepsis careful hepa filter which provides sterile operating conditions.

Once you have decided on hair transplantation, your blood will be taken first of all in our hospital. It is decided whether or not it is appropriate to process according to your blood analysis. Your appropriate hair transplant operation is planned with your treatment team. According to this plan, you will be informed about our procedure and the procedures that you need to do before the procedure and you will stay with us during your stay in our hospital. These are given to you in the form of WRITTEN DOCUMENT.

FUE and FUT Techniques

The difference between FUE and FUT techniques is the technique of removing hair from the receiving area. As a result, the result achieved in both techniques is the same.

The following points should be observed during the recovery period after the operation.

- The wound healing process is between 4-10 days.
- Swelling of the forehead can occur from the 3rd to the 5th day.
- The feeling of numbness in the area where the hair is taken (donor) may last from 3 weeks to several months.
- During the period of hair extinction (at 14th and 22nd Week) there may be some nausea on the skin.
- "Shock Spill" can occur after operation, so the hair inside and around the transplanted area can be poured. After a certain period of time, these hair come out again by a hundred percent (100%). This syndrome is usually seen in 5% of male patients and in 50% of female patients.
- It may take 8 to 12 months for the hair to grow fully. It is not possible to evaluate the result of the operation objectively before this time.
- There may be temporary / permanent skin changes due to circulation disorder in the area where the hair follicle is performed.
- Additional medical and / or surgical treatment may be required after the end of the month if required.

Hair loss is a lifelong process. For this reason, it is recommended that you use Finasteride (Proscar, Propecia), Minoxidil (regaine manner) to support application immediately after surgery and prevent hair loss. Alternatively, you can use a laser comb.

If hair loss persists and more hair (especially in women) is desired, compacting operations may be required.

The hair transplantation frequency at the distance between the top of the hill and the donor area always needs to be supported by a second operation. This region is not frequent enough with an operation.

The hair that is implanted after the 2nd and 3rd operations may be relatively late, especially on the top region.

There is a possibility of about $\pm 10\%$ difference in the amount of graft determined before the operation. This difference will not be reflected in payment.

5.Operation Process (Hair Transplantation Stages)

Hair plantation; It is a process completed between 5-6 hours according to the number of grafts added. As the number of grafts increases, the duration of the process is extended.

• HAIR TRANSPLANT PREPARATION

By taking your photographs, your hair is shortened to number 1 with special shaving machines in our hospital and marked of DONOR AREA for local anesthesia. special anesthesia for hair transplantation prepared by ANESTHESIA SPECIALIST. you will be prepared for hair transplantation with MICRO-FUE technique as painless.

COLLECTING GRAFTS (ROOTS)

It is the feeding and storage of unilamellar triple hair clusters (we call this graft) in special solutions using specially developed MICRO SURGICAL PUNCHLARS, which are specially developed from the spill-encapsulated region below a horizontal line drawn from the upper border of 2 ears that are coded to be genetically spilled. The micro-surgical punches used here are completely person-specific and there is a very serious information pollution, especially regarding the diameters of the micro-surgical punches.

Hair stems can be used for hair roots up to 0.6 mm dia. 0.09 mm and special punches can be used. Hair growth is also important, not how thin the tip is used, but how often and intensely hair is taken. Here too, the experience of talent, talent, technique and the quality of used equipment enters.

Experience in planting hair is the front end of equipment talent and attention. It is important to note that how many of these grafts are double and triple hair grafts give us density and frequency. With a simple reason, you can add 5000 single grafts with Fue hair follicles at any hair follicle center, but if you have a natural doctor who has a natural experience, you can make a simple calculation if you make fue hair follicle in the form of 2, 3, and 4 grafts of only 5000 single grafts of 5000 grafts 13900 single hair is planted and you will have an average of 2.8 times the hair plantation in an ordinary hair plantation center.

Hair Transplant Turkey and Private Çevre Hospital apply FUE technique we call micromotor, we are working on a technique that we can implement quickly and without any damage to the roots. After giving the micromotor technique to the FUE method, we apply "Micro-fue" which we made with this method to the same seansta. We take the single rooted cells with the needle and the double-triple roots with the motor easily.

For aesthetic and natural results, we have to make a lot of single hair roots. Using our Fue needles we can remove hair tissue from the skin without damaging a single root. The difference of the needle fue technique is that it is non-woven and thin (0.06 mm) as it accelerates healing as well as rapid extraction. So we can combine the two techniques in hair transplantation and add "micro-fue" to the fue technique to quickly heal after hair transplantation.

DETERMINATION OF THE FOREHEAD LINE

This step is based on drawing your operation plan and algorithm from your photos taken in the first stage. This step is to determine and draw hair line which is one of the most important points showing the high quality natural and intensive hair plantation in hair growth. It is also important to determine your hairline by special measurements with special tools that meet the standards of the

World and European hair surgical associations, which should be done by a team of experts in hair transplantation, with thousands of experienced hair transplantation qualified. In hair transplant applied in unfamiliar hands hair line can lead to faults that can not be compensated.

- Important in hair transplantation; it is a frequent and aesthetic look. No one wants to be understood that their hair is planting after they have planted it. For this reason, while forming your hair line, your face will be inspected as much as your shape, eye and eyebrow make you the most suitable hair line. When you make a decision, you are taken into consideration by considering your idea. Important in hair transplantation; it is a frequent and aesthetic look.
- In males, there is a natural image that goes from the bottom to the sides in a slightly V-shape. Rarely, this shape can change according to the person. Our goal is to make the most natural planting possible with your new hair. The naturalness of your October depends on the naturalness of your hairline. The number of sheets per cm in our clinic varies between 65-85 depending on the structure of your sheet (thick, thin, wavy etc.). This ensures that there is a natural hair structure in the planted area.

■ **OPENING THE CHANNELS FOR THE PLANTING**

- This step is the step that will allow you to have the hair that you want to scan after you sow, the direction you want to scan, the right side, the left side, the front side or the back side.
- After hair transplantation, suitable hairpins and hair nails are prepared for rooting. This is the process that will determine the direction, frequency and nature of your hair follicles. The plantings made in our hospital will be totally natural and aesthetic because your hair is completely rooted and your hair is suitable for your hair. No one will know that you have hair in your hair, including your hairdresser. It is difficult for hair to be thin and frequent, and it is the most beautiful of the handmade. If thin and frequent hair nails are prepared, it will be so natural and natural in your planting. If your hair grows long, your hair will be seen in the same proportion with your own hair. (In rough surgeons and hairpins, the procedure is very quick, but there is a point mark on the hair of the hair)

■ **IMPLANTING THE GRAFTS**

It is the process of placing the hair roots collected in the opened hair channels one by one. It is the last phase of working hard and frequent and intensely thin to give any hair jumping in the channel jumping. A lot of single hair roots has to be implanted for aesthetic and natural results.

■ **RESTING TERMINATION AFTER OPERATION**

After your hair is cleansed with special solutions, the information you need to do after hair transplantation is explained and special documents are presented. You stay in your room for resting after the surgery. You will rest in your room until the next control time the next day.

6. Aftercare

We recommend that you do NOT use alcohol and cigarettes for 4 days after hair transplant operation.

Take 1 day (the same day) from the hair transplant operation and apply ice to the temples. Apply ice application for 10 minutes and 1 hour interval. Never apply ice on the area where the hair is planted and on the eyelid. It is beneficial to continue ice application for 3 days.

Swelling (edema) occurs after about 3 days of treatment and lasts for two days. It is appropriate to keep the bandage up to the 3rd day of operation in order for the edema to be lighter. Bandage prevents swelling or keeps it to a minimum. If there is a swelling, the success of the treatment will not be affected.

The first week is recommended with a high or double pillow and backrest. Edema will occur in your face if you lie on the side or face down.

You should avoid bending down, removing heavy objects from the ground, sports that require heavy body activity within the next 15 days after operation. It is forbidden to use the sauna, go out to the sun, to be in dusty and rainy environments, to go to the solarium, to use the motorbike helmet for 2 weeks.

If you want to comb your hair after operation; gently move the comb and brush on the first day to the area where the sowing is done. Be careful not to hurt and do not cause mechanical damage. Hair shaving machine and razor are not used up to 6 months (planted area) after hair transplantation. You can shave without razor after 15 days from hair transplant .

After the operation, especially after 3rd day, do not check your scalp hair very often with the aim of controlling hair extension. Otherwise, you may experience acne and infection problems frequently. You should definitely call your doctor If the acne is too big.

It is necessary to wait until 8-10 months to evaluate the result of the operation. Lost loss is a lifelong process. Therefore; Immediately after the operation you can use the medications prescribed by your doctor to support the application and prevent hair loss.

At the end of this activity, ask for an appointment from our institution. So you can evaluate with your photos before operation.

7. Stages after hair transplant

Our hospital is to fully meet the expectations of our patients and to provide the best quality service while keeping comfort at the top level.

It is a step-by-step process to start hair again after hair transplant surgery.

Graft growth takes place within 1 year and a definite result is obtained after 1 year.

- 1-6 days after operation: Within a few days after operation; slight swelling can be observed in the implanted area which varies according to the person. This usually begins at the 3rd day and ends at the 6th day (the results of necessary treatments usually do not appear swelling). The area where your hair follicles are taken will exfoliate within 5-7 days. In the 7th day, treatment area it may be slightly pinkish depending on the type of skin.

- 7-10 days after surgery: Your hair has been grown by 1-2 mm, your look has improved. Up to the first 15 days after hair transplantation, swelling and scaling of the region are seen. In order for the shells to disappear completely, you can start the proper hair washing application. These swellings and crusts disappear within 15 days and the skin texture heals itself. During this time, It is important to keep the hair dry and protect the tissue against the risk of infection. In addition, the first 15 days, newly planted hair roots are in the most sensitive period and care should be taken not to damage hair roots.

- 3-4 weeks after surgery: Its the resting phase of implanted hair and new hair starts to flow. This event is temporary and within a short period of time the hair starts to go out again and again. In the

early days, hair grows under the skin of the head, so hair usually does not come out. But it takes at least 2 months for the hair to appear over the skin.

- 1-3 months after surgery: After several weeks; the hair begins to grow with the itchiness. It is possible see that red acnes will form as hair tips go out of the scalp. Visible acne and forehead lubrication are completely normal. This new growth process will last 3 months. The newly emerged hair is corn, but they will thicken after the growth process is complete. Some of the hair will also be short on the diploma. These will start to grow over time.

- 5-6 months after surgery: 5 and 6 months, most of the hair has completed the growth phase. Some of the hair may be in the form of feathers or under the skin. The new hair is 2-3cm long and will gradually thicken.

- 8-10 months post-operative: Apparently prolonged and thickened when approaching a period of 8 months after hair transplantation. A much better image appeared a few months earlier.

- 1 year after the operation: At the end of one year, the actual result of hair transplantation is fully revealed and the individual becomes completely new hair. Hair will continue to grow and develop throughout the life of the patient. Can be cut and shaped as desired. Nothing special is recommended for hair care. Standard shampoos and other hair care products are sufficient. As the added hair is planted in order not to be cast again, the individuals who have planted will definitely not have hair loss again. For this reason, the timing of hair transplantation should be well established.

8. Hair washing

OBJECTIVES: To clean the dressing without damaging the planted area after hair transplantation.

APPLICATION: On the first day after operation, your dressing process will take place.

2nd day, You are not doing anything new. Your dry day.

3rd day, You start the washing process.

You can take the shower and wash your hair by standing or sitting without bending your head forward.

You should adjust the water warm and with no pression.

You can start to use BEPANTHOL LOTION.

You can spread the lotion with slight touches the area where It's planted 45 minutes before you wash. You can wash your hair after 45 minutes.

First 3 days; You can spread the SEBAMED SHAMPOO into your handheld. You can touch the sowing area and pull the shampoo well into the sowing area (without rubbing and scraping).

You massage the implanted area with your fingertips. Then you can rinse it.

You are driving the BACTROBAN POMAD to the area where the tissue is taken and you do not remove it from the area that is pushed to the next wash.

Each subsequent wash, BEPANTHOL LOTION is applied first and continue to wash with SEBAMED SHAMPOO. Then BACTROBAN POMAD can be applied.

After 3rd washing, you start to wash your area with a light massage with your fingertips. This will speed up the pouring of the formed shells.

In order to accelerate the shelling process during the shelling phase (7th and 8th washings), the BEPHANTOL LOTION can be applied to the planted area for 1 hour and finished without hurting it with no hard movements.

9. Medicine usage after surgery.

1st DAY	Morning	Famodin 1 tablet Coraspin 1 tablet Prednol 1 tablet
	Evening	Prednol 1 tablet
1st DAY	Morning	Famodin 1 tablet Coraspin 1 tablet Prednol 1 tablet
1st DAY	Morning	Famodin 1 tablet Coraspin 1 tablet
2nd DAY	Morning	Famodin 1 tablet Coraspin 1 tablet
3rd DAY	Evening	Famodin 1 tablet Coraspin 1 tablet

Prednol 16mg tablet (Edema Reducer)

Coraspin 100 mg

Famodin 40mg (Stomach protector)

Seba-Med (Anti bacterial shampoo for daily use)

Seba-Med Lotion (Lotion for oily and normal skin)

Bactroban 15 gr (Pomad)