

## Charges

The cost depends on how much coverage is desired. We charge per session not per graft, with sessions running from 400 to 1200 grafts. Sessions may be 4 months apart or longer. You will tell the doctor during the first consultation what area you wish to transplant and he will tell you approximately how many grafts it will take. You will then be given the costs of surgery, lab and supplies.

Insurance does not cover hair transplantation, but you may use a credit card or a surgical financing plan. When you have decided on a date for your surgery, talk with the nurse in charge of scheduling. She will schedule a pre-operative appointment at which we will go over pre- and post-operative instruction, draw your lab work, and give you prescriptions and supplies.

Although hair transplantation is a major commitment in time and money, it is a permanent investment in your self-image and confidence.

## Your surgical plan

Date \_\_\_\_\_

Session	Number of grafts	Cost
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1.	_____	_____
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2.	_____	_____
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3.	_____	_____
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Lab fees \_\_\_\_\_

Supplies \_\_\_\_\_

Total per session \_\_\_\_\_

*Note: A \$500 non-refundable deposit is required when the surgery is scheduled and the balance is due two weeks prior to the procedure.*

## David S. Alkek, M.D.

is certified by the American Board of Dermatology. He has been in private practice in Dallas since 1971. He was the first dermatologist in Dallas to specialize in cosmetic dermatology and particularly hair transplantation. He has done hair transplantation for 30 years and is in Dallas full-time.



Dr. Alkek is a Clinical Professor in the Department of Dermatology at the University of Texas Southwestern Medical School in Dallas, where he teaches dermatologic surgery. He is a member of numerous professional societies, including the American and

International Hair Restoration Societies, the American and International Societies for Dermatologic Surgery, the American Academy of Facial Plastic and Reconstructive Surgery, the American Academy of Cosmetic Surgery, the American Society of Cosmetic Dermatology and Aesthetic Surgery, and the International Society of Cosmetic Laser Surgeons.

He regularly appears on TV and radio and is quoted in numerous magazines. He has published many articles, contributed to a textbook, and gives numerous lectures on all aspects of cosmetic dermatology.



### Dermatology Associates of Dallas

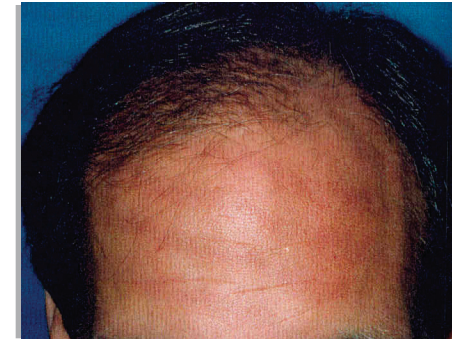
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# For a natural look



*Before*

*After*



## Follicular Unit Hair Transplantation

**David S. Alkek, M.D.**

# What can you do about balding?

**B**alding in varying degrees affects approximately one-half of all men and a smaller percentage of women. The amount of balding depends primarily on heredity, hormones and age. Thinning of the scalp is progressive over a person's lifetime. While some are not concerned about their hair loss, others may become very distressed. In our society a youthful appearance is very important and having more hair maintains a youthful look.

We use the most advanced surgical techniques to give men and women a natural-looking transplantation. The sooner you start with medical and/or surgical treatment, the easier it will be to cover the baldness, and the longer you will be able to enjoy a full head of hair.

While a person can start medical treatment at an early age to prevent further balding, we do not like to start hair transplantation before the mid 20's or until the person has a mature hairline. We can do transplantation for moderate recession, for men who are completely bald, for women, and for patients who have altered hairlines or hair loss from facelifts or browlifts.

During the initial consultation we will discuss your goals and expectations. The doctor will examine you and determine the pattern, number of grafts and sessions required to fill your needs. The skilled hair transplant surgeon has an aesthetic sense and must take into account future hair loss. This procedure will extend over months to years and you must be comfortable with your surgeon.

*The sooner you start...the longer you will be able to enjoy a full head of hair.*

## What about medical treatments?

If there is a strong family history of baldness with early signs of thinning it is never too early to start oral or topical medication, even in the late teens or early twenties. Patients who are not a candidate for hair transplantation may grow and retain enough hair with medication to forestall surgery. We also recommend that these medications be used for anyone who is planning or undergoing or completed transplantation, because balding is a continuous process.

The only medically proven medications to treat balding at this time are Propecia (oral) and minoxidil (topical). These act differently on the follicle and can be used together.

## What is 'follicular unit' hair transplantation?

Microscopic examination of the scalp reveals that hair follicles are grouped into one to five-hair families. These follicular units have a common blood supply and vary in number of hairs between persons and areas of the scalp. The hair grafts have the best chance of survival if they are transplanted as a follicular unit. Our technicians have expertise in using microscopes to prepare these follicular units. Several hundred to over a thousand of these are transplanted in separate sessions several months apart.

First a mild sedative is given which virtually eliminates discomfort. A narrow strip of scalp is removed from the back or sides of the scalp, which is closed to minimize scarring. If your hair is at least an inch long it will hide any sutures or staples.

The grafts are prepared while the doctor makes the recipient sites. This is done aesthetically to create a random natural pattern. The grafts are then meticulously implanted, and oriented properly to give a natural "non-pluggy" look. Only single-hair grafts are used in the front hairline. After the procedure the area is cleaned and covered with antibiotic ointment on gauze and a paper surgeon's cap. There are no bandages. You must make arrangements for a ride home with someone. The whole process takes four to six hours and is virtually painless.

## What to expect after the surgery?

You will be given an antibiotic to prevent infection, cortisone to reduce swelling, and pain medication if needed. Ice packs to the forehead and grafted area for the first 48 hours may prevent swelling. The next morning you can remove the cap and gauze and wash your hair gently in the shower with the shampoo provided. You may gently blow-dry and style your hair with a minimal amount of hair spray.

You may go to work or normal activity but do not get sweaty or lift heavy weight. Tiny crust may form on the grafts, but these come off easily with shampoo and the antibiotic ointment we provide to keep the grafts moist. You may wear a hairpiece or cap during the day if it does not pull on the grafts, but remove it at night and shampoo daily.

The hair of the transplanted graft can go into shock and sometimes fall out. New hair begins to grow in about three months at about one centimeter a month.

Once the new hair appears, the next session can be performed. In the first session the grafts are placed as close as possible, but there is a physical limit. Therefore in subsequent sessions grafts are placed in-between the growing grafts. The number of sessions required to fill in a given area depends on the density desired. For most people, this means at least three sessions. The transplanted hair will grow naturally and can be styled in any manner. We recommend that oral medication such as Propecia be taken to prevent more baldness progression.

*You may go to work or normal activity the next day.*

*The whole process... is virtually painless.*