



# *Hair Restoration*

## **Patient's Guide**

Patient's Name .....

# Notes

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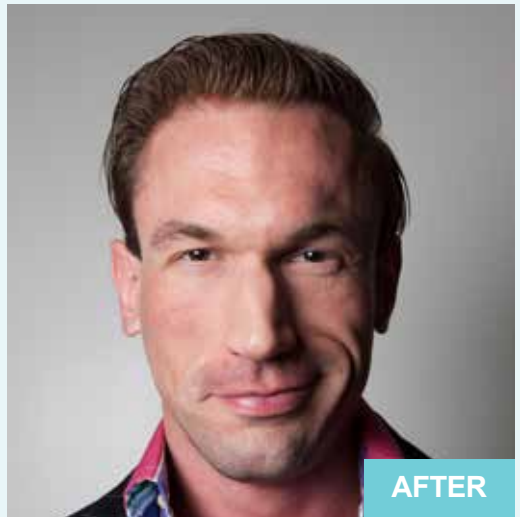
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# Hair Restoration Testimonials



Coronation Street star and Crown Clinic patient Jack P Shepherd said: ***"I chose Asim Shahmalak because of his global reputation for excellence. My hair is 1,000% better and my body confidence has soared."***



TV doctor and Crown Clinic patient Christian z said: ***"Asim Shahmalak has a very nice manner, is very calm and gets great results. He truly is the doctor's doctor."***

# Hair Transplant

## Am I a Suitable Candidate?

The majority of patients with hair loss are suitable - however, many people with hair loss are not concerned about the situation. They are happy to style their hair appropriately and get on with their lives. If you are not one of these, you may wish to consider hair restoration.

People seeking hair restoration cover the spectrum of minimal thinning to significant loss.

It is important to remember that hair restoration does not involve putting new hair on the head; rather it is the process of moving hair from one place to another to create the illusion of a fuller head of hair.

Even people with significant loss are often very satisfied with a modest amount of hair at the front that frames the face.

The more hair that is transplanted the better the result.

Many patients attend for multiple procedures.

One factor which hampers the long-term results is the continuing process of hair loss affecting the hair adjacent to the grafted hair.

For this reason the surgeon may be reluctant to treat until some stability has been established to the hair loss. This means that by and large it is unlikely that anyone under the age of 25 is a suitable candidate, except for those who have suffered from extreme premature male pattern baldness.

There are now very effective medical treatments that may prevent further hair thinning in the majority of patients. The surgeon will discuss this with you.



## With Your Surgeon

### 1 What will happen during your consultation with the surgeon?

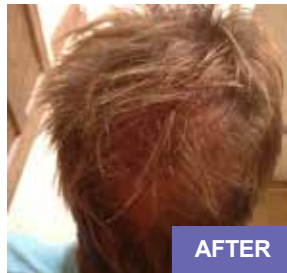
The consultation with your surgeon is designed to ensure that you have the time to discuss all aspects of the treatment you are considering and other options if appropriate. In order to achieve this aim your surgeon will:-

- a. Discuss all aspects of your medical and family history in detail and request any pre-operative tests if necessary.
- b. Try to ascertain your expectation and then discuss realistically what can actually be achieved.
- c. The areas of concern to you will be examined and, if necessary, a more detailed full medical examination may be required.
- d. A treatment plan will then be recommended - this will include the number of procedures required.
- e. Explain the risks and benefits of the procedure.
- f. The surgeon may decide it is not in your best medical interest to proceed with surgery.
- g. Photograph the scalp from different angles.
- h. Advise on all aspects of care both pre and post-operatively.

### 2. What questions should you ask?

Please read the following list carefully and ensure that you get to know the answers to all these important questions before going ahead with treatment.

- a. What does the procedure entail?
- b. Is the procedure safe?
- c. Will there be any scarring and where will it be?
- d. Will there be any pain or discomfort during or after the procedure?
- e. What will be the recovery time?
- f. What must I do/not do to ensure a good recovery?
- g. Is there a follow up programme for me after treatment?
- h. Should I inform my GP?
- i. The possible risks and conditions associated with hair restoration.
- j. Is more than one session recommended in my case?
- k. How long will it take to see any results?



Homes Under The Hammer star & Crown Clinic patient Martin Roberts said: ***"I cannot thank Dr Shahmalak and everyone at the clinic enough for the excellent treatment I received."***

# Hair Restoration Procedures



## Follicular Unit Extraction

FUE is where individual follicular units are extracted from the back or side of a patient's scalp and transplanted into the balding area.

It costs more than the other transplant procedure, FUT. This is because FUE is much more labour-intensive.

Each hair follicle needs to be removed individually. Most patients have some red spots in the harvested area for a week to ten days after the procedure - which then go away.

FUE is more appropriate for men who like to wear their hair short or shaved because of the light scarring.

Wayne Rooney has used FUE for his hair transplants as have Crown Clinic celebrity patients, Coronation Street star Jack P Shepherd, model Calum Best, Martin Roberts from Homes Under the Hammer and the footballer Didi Hamann.

## FUE for patients with long or longer hair

Some patients are put off having a FUE procedure because they are worried that they will have to fully shave the back and sides of their head in order for the surgeon to harvest the donor grafts. This is not the case.

We shave only a very small section of the back or side of the scalp to obtain the donor hair. The shaved section is either in a square shape, or, more likely, in small lines down the back of the scalp. An upper layer of hair is lifted and then we shave underneath, allowing the hair above to fall over the shaved area - covering it up. The shaved area is only really detectable to those who know you have had a transplant, and obviously the hair in the shaved area grows back quickly.

## Follicular Unit Transplantation

Follicular Unit Transplantation (FUT) - a strip of hair is removed surgically from the back or side of the scalp under local anaesthetic for the donor hair. The strip is cut into many individual follicular units which are then transplanted into the balding area. FUT allows the surgeon to safely transplant

thousands of grafts in a single session, which maximises the cosmetic impact of the procedure. TV doctor Christian Jessen had FUT for both his procedures at Crown Clinic.

## Eyelash Transplant

Transplantation surgery can restore eyelashes. Our surgeon Asim Shahmalak made medical history by carrying out the very first eyelash transplant in the UK - in 2009 on a young woman from Greater Manchester. Since then, Dr Shahmalak has carried out the procedure on lots more patients - for medical and cosmetic purposes. Some women had lost their eyelashes through medical conditions, over-plucking or through damaging the eyelashes permanently through the removal of glued-on false eyelashes; others were born with thin lashes and simply craved much fuller lashes. Hair is extracted from the back or side of the scalp and then inserted into the upper eyelid. The transplanted eyelashes do grow back like head hair so need curling regularly and cutting.

## Eyebrow Transplant

Many women have permanently damaged their eyebrows through over-plucking. Our surgeon Dr Shahmalak is one of the few surgeons in the UK qualified to carry out the procedure. He has carried out eyebrow transplants on lots of patients - for medical and cosmetic purposes. Hair is harvested from the back or side of the scalp and transplanted into the eyebrows just like a hair transplant to the scalp.

## Beard and Sideburn Transplants

Around 45% of men have bald patches in their beards or sideburns. It makes it impossible for many men to mimic the macho looks of their favourite stars. We can help by filling in the bald patches. Hair is harvested from the back or side of the scalp and transplanted into the beard or sideburns just like a hair transplant to the scalp. Alternatively, hair can also be removed from under the jawline and transplanted into the cheek area.



# Scalp Micropigmentation

Scalp Micropigmentation is a new procedure being offered to patients at Crown Clinic. This medical hairline tattoo adds pigment to the scalp in tiny dots - to mimic the appearance of hair follicles. When placed by a skilled technician, the recipient appears as if they have a full head of hair - shaved to a very short length. The procedure offers instantaneous results for patients with bald patches, receding hairlines and scarring on the head (possibly from a hair transplant procedure).

## The procedure

Specialised needles are used to implant coloured inks into the scalp - to camouflage hair loss. The procedure is minimally invasive and patients must be over 18 years of age. Ink is implanted beneath the epidermis (top layer of the skin) into the dermal layer (second layer of skin) by needle micro-insertion. For most patients, a minimum of two treatments are required that are carried out two weeks apart. In the first visit, the appearance and density of the hair is improved but the optimum results will only be visible after the second visit. The procedure is permanent and takes between two and six hours depending on the size of the area of the scalp being covered. Some patients require three or more sessions in order to get the final desired result. The results can last up to 4-5 years.

## The cost

Prices start from £1,000





# Platelet Rich Plasma (PRP) Therapy

PRP is a new treatment being offered at Crown Clinic for hair restoration. It is a simple, non-surgical procedure where a patient's own Platelet Rich Plasma from their blood is injected into the scalp to stimulate hair growth and provide fuller and healthier looking hair. The procedure takes approximately 60 minutes and provides reliable results with a very quick recovery period. It is perfect for patients looking for a cheaper alternative to a full hair transplant but is also used to supplement a hair transplant procedure.

## How it works

We draw approximately 8ml sample of blood from the patient which is then placed in a centrifuge and spun at high speeds to separate the enriched stem cells or platelets (PRP) from the other blood components. The PRP is injected into the scalp using a special micro needle. Each injection leaves a small amount of plasma close to the hair follicles that are stimulated by the growth factors and stem cells – producing higher quality hair and hair growth.

Most patients start noticing the benefits around 3 months after the first treatment. We recommend three sessions for the best results with a gap of four weeks between each session.

## How much does it cost?

Prices start from £500 per area / per session (block course of 3 are required)



# Hair Testimonials



Gogglebox star and Crown Clinic patient Chris Butland-Steed said: ***"I look 10 years younger after my hair transplants with Asim Shahmalak."***



Soccer star and Crown Clinic patient Didi Hamann said: ***"It has made a massive difference. I had heard about about Dr Shahmalak's global reputation for surgical excellence. I knew I was in very safe hands."***

# Our state of the art hair clinic and team



Hair transplant surgeon Dr Asim Shahmalak from Crown Clinic



Dr Shahmalak performing a FUE hair transplant procedure on a patient

Professionals you can trust

[www.crownclinic.co.uk](http://www.crownclinic.co.uk)

## What arrangements do I need to make if I decide to proceed with the treatment

1. Arrange a suitable date for your procedure.  
Think carefully taking into account the following:-
  - a. Time required off work. Usually 7 - 10 days, depending upon the nature of the employment.
  - b. Your fees will need to be paid promptly by the required date. Please make sure your funds are properly organised. Last minute delays can cause unnecessary frustration, and possibly cancellation of your procedure.
2. Follow the pre-operative notes provided.
3. Arrange your transport to the clinic and back home again.  
**DO NOT DRIVE BACK HOME ON THE DAY OF YOUR SURGERY.**
4. It is not possible to proceed with treatment if you become pregnant. Please ensure you take necessary precautions.
5. If you dye your hair then do so before the procedure as we recommend to avoid the dye for 4 weeks after the operation.
6. Do not cut your hair short - leave your hair as long as possible as it helps to cover the transplant sites post-operatively.
7. We will contact you to ensure you understand your pre-operative instructions and discuss the details of your procedure. Make sure we are aware of any medications that you may be on or any serious illnesses or allergies you may have. This includes recreational drugs as they can interact with local anaesthetic.
8. Wear comfortable clothes that do not need to be pulled over your head e.g. button-up shirt not jumpers.
9. You should bring a baseball cap (not a woollen hat) or similar to wear after the procedure.
10. Do not drink alcohol for 1 week prior to your procedure.
11. Do not take blood thinning products or protein shake for 5 days prior to your procedure.
12. Call the clinic if you need any help or reassurance.

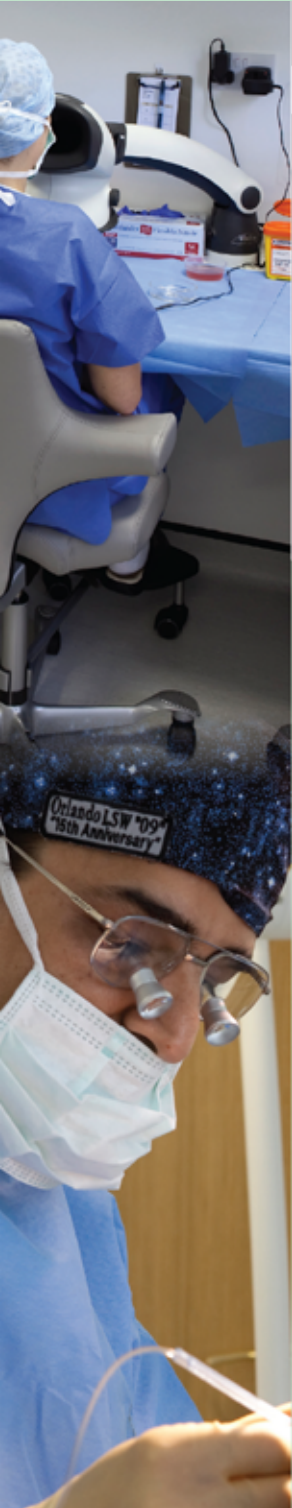
Wash your hair either on the day or the night before and please make sure you eat breakfast or an early lunch before your procedure, as this will make you feel more comfortable. There is no need to starve before the procedure.



## Associated Risks, Side Effects & Complications

1. **Bruising/Swelling:** Sometimes there is bruising and swelling in the early post treatment period which may extend over the forehead and rarely may involve the eyes and cheeks.
2. **Bleeding:** Bleeding following the procedure is extremely rare. If it does occur it usually responds to simple pressure.
3. **Oozing:** There may be some oozing from the donor area and patients are advised to put a towel on their pillow for the first couple of days.
4. **Changes in Sensation:** You may experience some numbness of the scalp. This usually resolves itself in the course of time.
5. **Infection:** It is rare but if it does happen you should contact the clinic or your doctor.
6. **Itching:** Some itching is common but rarely troublesome.
7. **Variable Nature of Scar:** All prospective patients must be aware that the rate at which their scars may heal and fade are entirely variable and individual. Very rarely, a scar does not heal in the normal way, this is known as hypertrophic scarring. Although this is an unusual problem, it cannot be avoided or diagnosed in advance.
8. **Cysts:** On occasions, mainly during the healing process, cysts may develop in the site of growing hair. These usually can be easily treated.
9. **Growth of Implanted Hair/Final Result:** After placement some of the hairs usually continue to grow but most are shed after few days. At this time all that is visible are a number of pinpoint marks which usually heal well within a couple of weeks.  
**You must not "pick at" the scabs.** Patients usually need to wait between 3 and 6 months for the new hair to grow. However it is impossible to predetermine the reaction of individual patients and in extremely rare cases growth may be limited. The quality and amount of existing hair is a major factor in the ultimate result. The continuing process of hair loss affecting the hair adjacent to the grafted hair may affect the end result in the long term.
10. **Sensitivity** - Some patients develop hyper or hypo sensitivity to the scalp which settles down over time.
11. **More than one Session:** If hair restoration is being provided over more than one session, the second procedures can usually be performed after 6 months, depending on the healing process.
12. **Subjectivity:** Patients must recognise that this procedure is performed for cosmetic reasons and because of this, the results can only be assessed subjectively. Therefore, it is important to understand that while you will be advised as to the probable results, this should in no way be interpreted as a guarantee.

The list of risks and conditions associated with hair restoration is not exhaustive. It is important that the patients recognise that it is not always possible for the surgeon to predetermine the individual and psychological reaction of patients to post-operative complications.



## Possible side effects and complications

Hair Restoration is usually performed under local anaesthesia.

A local anaesthetic numbs a small part of your body and is injected close to the area of operation. You stay conscious, but free from pain.

Local side effects such as bruising and a temporary sensation of stinging or burning are not uncommon. After the procedure it may take a few hours for feeling to return to the area that was numb.

Complications from local anaesthesia are not common, however the following may occur:-

- \* Allergic response
- \* Dizziness and drowsiness
- \* Metallic taste in the mouth
- \* Severe numbness and tingling
- \* Tinnitus (ringing in the ears)
- \* Muscle twitching - Seizures

## Post Operative Recovery

**We provide a post-operative care service to ensure your recovery is as swift and problem free as possible.**

1. Before your surgeon discharges you from the clinic you will be given an instruction sheet and post operative pack explaining what to do and what to avoid doing following your operation.
2. You will be given some painkillers to take home.
3. You will need to arrange to get the stitches/skin clips removed by your local doctors between 7-10 days in case of FUT only.
4. Follow the post-operative instructions given to you by our medical team very carefully.
5. It is important that you allow yourself sufficient time for recovery. Rest is clearly important to this process. However, it is important that you remain relatively active following your treatment.

### DO NOT RETREAT TO YOUR BED

6. We advise you to take some days off following the procedure. Heavy manual work will require longer time from work than more sedentary types of work; but we recommend a week at least before you return to work.
7. We are always only a phone call/email away at any stage of the recovery period.



# Additional Information

## Age Limit

Hair restoration is subject to a consult with Dr Shahmalak. Patients aged 18-24 must attend with a parent/guardian.

## Period of Reflection

Hair transplant is a purely elective procedure and careful consideration should be given to both the potential benefits and the risks, before making the decision to proceed.

We recommend that, following consultation with your surgeon, you allow a period of at least 14 days before making such a decision. However, if you require the procedure earlier, you will be asked to complete a disclaimer form.

## The Consent Form and What It Means

The consent form is designed to ensure that before your operation you and your surgeon are fully agreed as to the procedure that has been planned for you and that you understand all the potential benefits and complications. You will not be able to proceed unless this form is completed.

## Fees

Please note that the consultation with your surgeon is subject to a fee from £100.

The exact nature of your surgery will be determined by your surgeon at consultation.

He will be in a position to provide the fee for your proposed surgery.

As a guideline, the range of fees at present are from £5,000 - £15,000.

(For the FUT/FUE techniques). To secure your surgery date, a minimum deposit of £1,000 is required in all cases. Full payment must be paid no later than a week before your procedure.

## Rescheduling Policy

If you pre book a date for surgery and decide to reschedule that date, a rescheduling fee will usually apply as follows:-

- In cases where a patient reschedules their booked date for surgery giving 14 days or more notice – the administration fee is £75.
- In cases where a patient reschedules their booked date for surgery giving 13 to 4 days notice – the administration fee is £500 (no more than 2 reschedules are allowed).
- If you cancel or change your surgery within 2 days of your appointment, we reserve the right to retain the full value of the surgery invoiced.
- Full payment must be paid no later than a week before the procedure

## Cancellation Policy

If you book a date for surgery and decide to cancel that date – a cancellation fee will apply as follows:

- In cases where a patient cancels their booked date for surgery giving 14-7 days' notice – the cancellation fee is £500.
- In cases where a patient cancels their booked date for surgery giving 7-2 days' notice – the cancellation fee is £750.

If you cancel or reschedule your surgery within 2 days of your appointment, we reserve the right to retain the full value of the surgery.

**If applying for finance – please contact the clinic to discuss this further.**

## Review Policy

Patients who have had surgery are allowed 2 reviews free of charge valid for 2 years from the date of surgery. After this it is chargeable.

Professionals you can trust



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