



Understanding Hair Loss and the  
ARTAS® Robotic Hair Transplant

**ARTAS**<sup>®</sup>  
ROBOTIC HAIR TRANSPLANT



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 you 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.

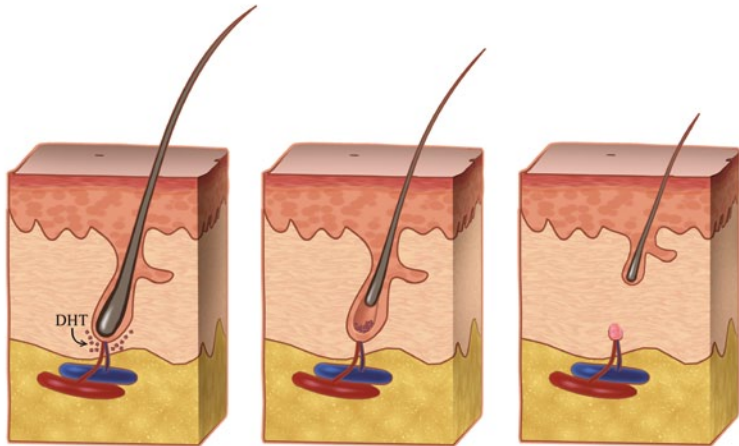
Balding can begin as early as puberty, but usually takes place later in life. Contrary to popular belief, your maternal grandfather's balding history is not a clear indicator of what will happen to you. Genes are passed down from your mother and father, but even if there is no evidence of hair loss on 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.



Healthy hair  
before DHT impact

DHT diminishes hair  
over time

Hair eventually  
ceases growth

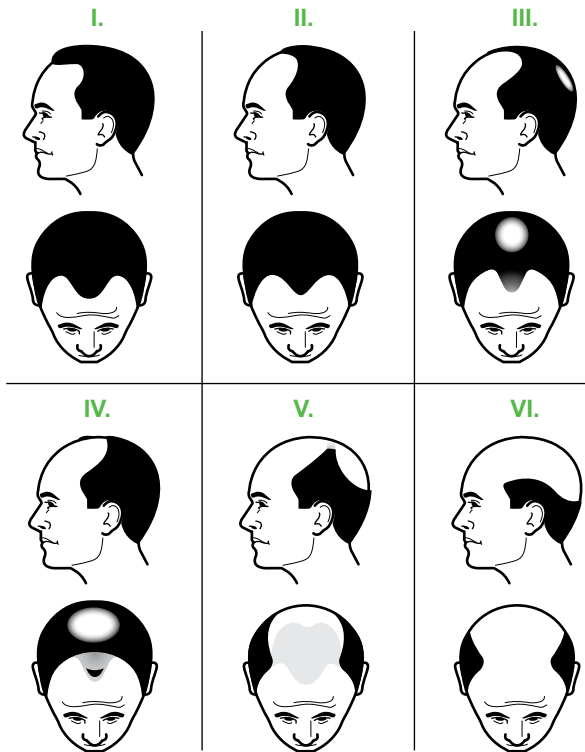
# How far will it go?

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 further 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 your physician's goal to help you restore your hair and obtain the outcome you discussed during your consultation with as little disruption as possible to your daily routine.

This information is provided to assist you in planning and preparing for all of the stages of your procedure. In addition to this information, your physician's office 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

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 is one of the least invasive hair transplant procedures offered today and greatly reduces the downtime of an average hair transplant. The ARTAS Robotic Procedure 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 to obtain the best outcome possible, you are required to have a very short haircut on the day of your procedure. In order for the ARTAS robot to select the very best hairs possible for your transplant, it functions best when your hair is cut close to your scalp.
- 2.** 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. Many ARTAS providers work closely with reputable salons, and may be able to assist you in this process.
- 3.** If you are directed to a salon by your ARTAS provider, you can be assured that your stylist is aware of the haircut requirements associated with the ARTAS Robotic Procedure and will have your hair cut to the correct length by the time of your procedure. Additionally, several photographs showing sample haircut options are provided in this booklet. Some additional trimming may be done at the office the day of your procedure, but your overall style should always blend nicely.

## 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 the current length of your hair, and the time until your ARTAS Robotic Procedure). On the following page, you will find several examples of modern stylish haircuts you may use as a guide. Bring these photographs with you when you visit the salon for your pre-procedure haircut(s). Most patients will maintain their current style but with a shorter length on the 1<sup>st</sup> haircut, then transition to one of these suggested styles on the 2<sup>nd</sup> haircut. Ultimately the desired length of the hair in the back of the head (the donor area) is to be 1 millimeter 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

## Day of your procedure

Most ARTAS Robotic Procedures start in the morning and end in the afternoon. You should wear comfortable clothes such as a button down shirt or a shirt with a zip-front to the procedure and bring a loose-fitting hat for your ride home. Many patients designate someone to drive them to and from their procedure.

While your physician may provide an entertainment selection, you may want to bring something from home. Some patients choose to listen to music or watch a movie during the procedure. Ask your physician about your entertainment options.

## During your procedure

During the procedure, you will be seated. Your physician and his team will do everything they can to ensure your comfort. A local anesthetic will be used, but you will be awake and alert during the procedure. There will be time for breaks during the procedure, so you can have lunch and take care of personal issues.

## Following your procedure

You can return home immediately following your procedure. Your physician will provide you specific instructions regarding post-procedural recovery and care, including how to sleep and any medications you may take. You will also be notified of your follow up appointment(s) to see your physician.

# Post-procedure Care

## What to Expect After Your ARTAS Robotic Procedure

### Immediately following your procedure

Your physician will provide you post-operative instructions, including directions for sleeping, activity modification, when you 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 little pain after hair transplantation. If discomfort does occur, it usually can be controlled with non-aspirin pain relievers such as acetaminophen.



### The day and the week following your procedure

You may use baby shampoo or other mild shampoo on your hair the first day following your procedure using a low pressure shower head or the “Pour Cup Shampooing” technique.

The important thing when washing your hair is to be very gentle. Rinse your head with cool to lukewarm water using a low running water pressure on an adjustable showerhead. Alternatively, you may use a cup to rinse the area. Lather a dime-sized amount of mild shampoo or baby shampoo onto your palms and lightly pat the shampoo onto the grafted areas. To avoid manipulating the area, lather the surrounding hair and allow the lather foam to cover the transplanted area. This allows the suds and the water to gradually wash over the grafts. Rinse the suds either using the low pressure showerhead or a cup filled with water. Remember not to use hot water, but to use slightly warm to cool water.



# Post-procedure Care

## Hair Care Tips

- Do not aggressively manipulate, scratch or pick the transplanted area with fingertips or fingernails for the first 3 days following the procedure. You may shampoo softly in a circular motion on the 4<sup>th</sup> day following surgery.
- Allow your hair to air dry. Do not blow dry or use hair styling products the day after surgery or per your physician'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 your physician.
- Follow your physician's instructions regarding when you can resume use of a blow dryer, hairspray, mousse, gel, chemical hair treatments, perms, hair color, Rogaine and Propecia. Your physician will discuss the shedding of any crusts that may form.

## Donor Area

- Because hair is freshly cut, trimming the donor area to 1 millimeter will be less noticeable.
- After the procedure, the donor area grows quickly and blends with 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 3<sup>rd</sup> and 4<sup>th</sup> 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 all of their growth early and some patients 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 your physician's expertise deliver **safe, consistent, natural-looking** results you can 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 the earlier 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 or staples to close the wound. The benefit is a quick recovery time and the ability to return to normal activities and work sooner.

### **Should I cut my hair before treatment?**

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

### **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 transplanted individually by your physician. Individual 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 your physician then 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 ARTAS Robotic Procedure is less than with most surgical cosmetic procedures. Since there are no scalpel incisions or stitches required with the ARTAS Robotic Procedure, healing time is short, and you can usually go back to your daily activities after a day or two. Some doctors schedule a follow up visit the morning after the procedure to examine your scalp and to teach you how to take care of your newly implanted hair.

### **When will my hair start to grow?**

Transplanted hair grows naturally in phases. Hair growth typically begins around the 3<sup>rd</sup> and 4<sup>th</sup> 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.

### **Will people know I have had a hair transplant procedure?**

With the ARTAS Robotic Procedure, 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, but the results from your hair transplant are subtle and natural.



## Frequently Asked Questions

### **Does the ARTAS Robotic Procedure hurt?**

The ARTAS Robotic Procedure, an outpatient procedure performed in the physician's office, requires 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 from strip surgery.

### **What is the price of the ARTAS Robotic Procedure?**

Treatment costs will be determined during your consultation with your physician and depend on the amount of new hair that you desire. Discuss the procedure pricing with your physician, as some physicians may offer payment options.

The ARTAS® System is indicated for harvesting hair follicles from the scalp in men diagnosed with androgenic alopecia (male pattern hair loss) who have black or brown straight hair. (Abb.)

# ARTAS®

ROBOTIC HAIR TRANSPLANT



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