

HAIR LOSS SOLUTIONS

THE ULTIMATE GUIDE TO RESTORING YOUR HAIRLINE

2ND EDITION

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DEDICATION

I would like to dedicate this book to all my patients who suffer from hair loss. Thank you for allowing me the privilege of being your physician and helping treat your hair loss. We continue to be on a journey together as our practice remains dedicated to providing the most effective and cutting edge technology to address hair loss for both men and women. In addition, a special thank you to my hair restoration patients who have selflessly agreed to participate in our clinical trials as we look to better understand hair loss and search for novel methods to correct it.

No hair restoration practice would be complete without the expertise of a world class team. Every hair practice depends upon all of us working together to provide exceptional care for our patients. Our practice is no exception. A special thank you goes out to Galina, Iris, and Sonia who embody the concept that there is no “I” in the word “team”.

Finally, I wish to salute all those physicians who served with me in the United States Navy and those who continue to serve in the Armed Forces to care for all our military men and women. It was a distinct honor. Thank you for your service!

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I thank my mother and father for their love and support of me during my childhood and encouragement to pursue a career in medicine. I was fortunate to grow up in a home where the arts were an integral part of my daily life; my father as a symphony conductor and mother an artist. This was the catalyst for me to pursue a career in plastic surgery.

Finally, I would like to thank my wife, Susan, for her constant love and unwavering commitment and loyalty to me and our six children. She is an extraordinary physician. She is my best friend, life partner and inspiration for this book and all else that I have accomplished as a physician, father, and husband.

CHAPTER 1

Is It Really Possible To Improve My Hair Loss?

The simple answer is a definite yes. Each day, I see patients who are stressed out over their hair loss. They have tried everything to hide it. Changing hair styles and wasting their money on “lotions and potions”. And every day they look in the bathroom mirror and the shower. They see less hair on their head and more on their hair brush and in the drain!

I’ve been treating patients with hair loss for decades. Many of them can get great results and long lasting improvement in hair loss. If you’re reading this book then I’m going to conclude you are a regular person, not a doctor or someone in the medical field. I see regular people like you every day in my practice. Most people are unaware that there are great options to improve hair loss. Too many people think their hair loss is hopeless. They have already tried some type of topical treatment but were disappointed when nothing happened.

Many of my patients know of someone who has even undergone hair restoration years ago and had some type of barbaric- sounding method which was very painful, required stitches, and usually resulted in a noticeable long scar on the back of the head. It took weeks to heal and often resulted in numbness of the scalp for months. These people often had to change their hairstyle to hide the scar by growing their hair longer. That didn’t always work.

If I mention the term “hair transplants” then you are probably reminded of seeing someone who had a bad “job”. It just looked strange and artificial. The hair transplants were growing out of the person’s scalp in clumps like the hair on a doll’s head or like a row of corn. Who wants to look like that? It’s better to shave your head or go bald!



The good news is that hair restoration has changed dramatically in the past 10 years. Today's technology has transformed the procedure and eliminated the long recovery. Noticeable scars are history. The results today can be completely natural looking and permanent. I tell my patients no one will even know unless you tell them.

So, if you're one of those millions of men and women who are suffering from hair loss, then I wrote this book for you. The purpose of this book is to inform you of the amazing medical treatments and procedures available today for a problem many people still think has no solution.

First, who am I?

My name is Richard Chaffoo, M.D., F.A.C.S., F.I.C.S. I knew that I wanted to be a doctor after my dad suffered a heart attack. It was frightening for a teenager to see his dad in the hospital connected to wires and tubes. I remember thinking that he might die. Then, I met his cardiologist who was very calm, reassuring, and sympathetic. I was fascinated how medicine was the perfect combination of science and humanity. Surprisingly, his doctor became my mentor. Years later, I discovered that, although humble and unassuming, he was a world renowned physician.

While in medical school, I became fascinated with the head & neck. The anatomy was challenging and complex. One of my early hospital rotations was in Otolaryngology (ENT) – Head & Neck Surgery. The surgeons performed many complex operations to reconstruct the face and scalp from trauma and cancer surgery.

After finishing medical school, I decided to do my initial residency training in Head & Neck Surgery. The U.S. Navy paid for my medical education through an academic scholarship leaving me with no debt! I entered the U.S. Navy as a medical officer and completed a five year program where I learned how to perform complex operations in the Head & Neck which included Facial Plastic Surgery.

My passion was really Plastic & Reconstructive Surgery, though. So, I decided to focus on this as it required both technical skill and a creative mind. I spent another 3 years focused on all aspects of Plastic Surgery, one as a Fellow at Stanford University where I focused on Facial Plastic Surgery.

So, why am I interested in hair restoration?

Hair restoration appealed to me during my training because it was very precise and creative. The skills I learned as a microsurgeon during my plastic surgery training were very helpful in teaching my hair restoration team. It was truly a “team effort” as you needed several assistants working together with you as the team captain to correct hair loss. Hair restoration was a natural “fit” for me. As plastic surgeons, we are constantly operating on the scalp and hair whether performing reconstructive or cosmetic plastic surgery. Most of the advances in hair restoration were developed by Dermatologists and Plastic Surgeons. At that time, very few of my plastic surgery colleagues were interested in hair restoration but I was hooked! I decided to travel across the country

and visit many of the pioneers in hair transplant surgery to gain even more experience. Even more exciting was the explosion of technology in the field about 10 years ago. I was fortunate to be one of the early adopters in my community which has benefited my patients a great deal.

I have also discovered that treating patients who suffer from hair loss is extremely interesting and incredibly rewarding. It is not only surgery that can help my patients. On many occasions, I will recommend a very effective medical program to help stabilize and regrow hair which has been lost. These include certain devices and medications as well in office procedures. If you're reading this book because of hair loss then I know that I can help you.

This book is written to help both men and women who suffer from hair loss due to a number of conditions. It is a book which will recommend effective and scientifically proven treatments based upon the current literature and my significant clinical experience in treating patients with hair loss over several decades.

Many of my patients are actually other physicians who have heard about us. Several other plastic surgeons in our community refer their hair loss patients to me because of our reputation.

In this book, I will attempt to dispel some of the misconceptions and myths surrounding hair loss. We will examine the various treatment recommendations which you can find on numerous public web sites and blogs. After reading this book, you will probably become more of an "authority" on hair loss than many doctors! And, most importantly, you will decide if it is necessary to see a physician who is an expert in hair loss and hair restoration.

I would now like to share a story with you about something important which happened in 2009. But first, the back story. Since the 1960's, most hair transplantation had been performed by removing a large strip of scalp from the back of the head. This was called FUT or follicular unit transplantation. It was then cut into small grafts which were transplanted into balding areas of the scalp. The open wound on the back of the head was closed with stitches. In the late 1980's some practices began using a hand held motorized punch to individually remove hair follicles as follicular units called follicular unit extraction (FUE). However, these devices still required each follicle be cut out by hand limiting the number of grafts you could obtain. Some of them left unacceptable scars too.

Suddenly, everything had changed in 2009. Now, a device had been introduced to the USA which removed each hair follicle called FUE or follicular unit extraction with a small, sharp punch which also created gentle suction. Each follicular unit was suctioned up through the punch and into a small tube where it was transported to a saline container to keep the grafts moist. There was no open wound on the back of the head which required stitches. This was a major technological breakthrough as it was now possible to remove thousands (not hundreds) of these hair



Large white scars were from older FUE method using motorized punch. Tiny red holes created using Neograft will heal with imperceptible scar

follicles in a single setting and transplant them into the scalp with minimal downtime and no long scar. It was a game changer! The device was called Neograft; hair restoration had entered the 21st century.

By 2010, this device had become much more widespread amongst both dermatologists and plastic surgeons. Our practice purchased the device in 2010, and we have performed over a thousand cases since that time in our office, not in a surgery center. The Neograft device became the first semi-automated system for FUE hair restoration in the USA which was approved by the FDA.

So what is Neograft FUE?

We'll talk much more about the Neograft follicular unit extraction (FUE) technique later in the book but, in short, this procedure involves removing each individual hair (or group of hairs) using a tiny sharp punch which is usually under a millimeter in diameter. These hairs are ultimately transplanted into areas of hair loss.

My first Neograft FUE procedure went very smoothly. I remember seeing him back in the office the next day. He remarked that the procedure was very easy. He only took one pain pill the night of the procedure and switched to Tylenol the next day. He started showering three days after the procedure and returned to work after a week. No one at work even noticed he had undergone hair restoration. I followed him closely in my practice over the next year. His hair grew in very naturally correcting his hair loss. The area where the hair follicles had been removed looked untouched with no long scars or thinning of the hair.

Since that time, I have gained a lot of experience with this technique of hair restoration. I am convinced that it is the right option for many

people like you who are sick and tired of suffering from permanent and progressive hair loss. The purpose of this book is to give you an understanding of hair loss, what are the various options for treating it, and then we will focus upon Neograft FUE hair restoration in detail.



Neograft 1.0 device.



Neograft 2.0 device.