



WHAT YOU NEED TO KNOW

# BEFORE GETTING A HAIR TRANSPLANT



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For many people, hair loss can have a profound impact on their emotional wellbeing and self-confidence.

Fortunately, with hair restoration techniques such as [Follicular Unit Extraction \(FUE\)](#) and [Follicular Unit Transplantation \(FUT\)](#), achieving natural, long-lasting results has become more accessible than ever. These procedures not only address thinning hair but also help patients regain confidence by restoring hair density.

If you're considering a hair transplant, this guide from [Atlantis Medical](#), Melbourne's leading hair transplant clinic, is designed to provide you with everything you need to know.

## What is a Hair Transplant?

A [hair transplant](#) is a surgical procedure designed to restore hair growth by relocating healthy hair follicles from a donor area (usually the back or sides of the scalp) to areas affected by hair loss or thinning.

The two primary techniques used are Follicular Unit Extraction (FUE) and Follicular Unit Transplantation (FUT), both of which involve precise methods to achieve natural-looking results.

Hair transplantation procedures are often sought by individuals facing:

- Male pattern baldness
- Hair thinning in key areas such as the crown or hairline
- Scarring from trauma or previous surgeries

## What are the Types of Hair Transplant Procedures?

When considering a hair transplant, understanding the key differences between Follicular Unit Extraction (FUE) and Follicular Unit Transplantation (FUT) is crucial for selecting the most suitable solution for your hair restoration goals.

At Atlantis Medical, we offer both techniques and provide personalised consultations to determine the best method for your needs, taking into account factors like the extent of hair loss and desired density.

### **Follicular Unit Extraction (FUE)**

The FUE hair transplant procedure is a minimally invasive method designed to extract hair follicles individually from the donor area, typically at the back or sides of the scalp.

### Key Features of FUE:

- **Individual Hair Follicle Extraction:** Using a micro-punch tool, each follicle is carefully extracted to preserve the surrounding tissue and promote better healing.
- **No Linear Scarring:** Instead of a long scar, FUE leaves behind tiny puncture marks that are barely visible, making it ideal for patients who prefer shorter hairstyles.
- **Minimally Invasive:** The procedure involves no scalpel or stitches, resulting in a shorter recovery period with less discomfort.
- **Precision Placement:** Extracted follicles are strategically placed in thinning areas, ensuring natural hair growth patterns and optimal density.
- **Ideal for Small Areas:** FUE is often recommended for patients who require targeted restoration, such as hairline enhancement or crown filling.

### Who is FUE Best For?

Patients with less extensive hair loss who prioritise shorter downtime and minimal scarring may find FUE to be the ideal solution. It's also suitable for those with tighter scalps that may not be conducive to the FUT method.

### Follicular Unit Transplantation (FUT)

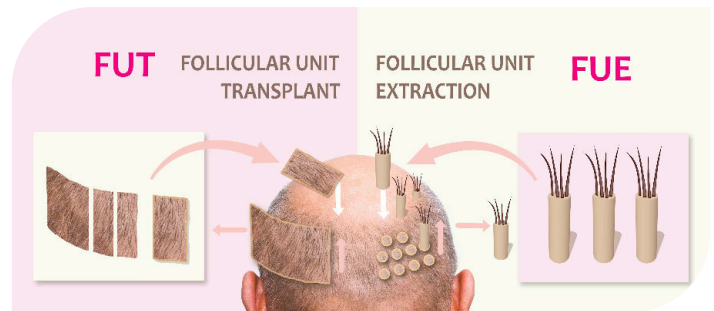
FUT, also known as the strip method, involves removing a thin strip of scalp from the donor area. Individual hair follicles are then extracted from the strip and transplanted into areas of hair loss.

### Key Features of FUT:

- **High Graft Volume:** FUT allows for the extraction of a larger number of grafts in a single session, making it highly effective for extensive hair loss.
- **Efficient Coverage:** Ideal for patients who need significant hair density, especially in cases of advanced male pattern baldness.
- **Linear Scar:** A single, thin scar is left at the donor site but can be easily hidden under longer hair.
- **Customised Density:** With precise graft placement, FUT ensures that the restored areas achieve a balanced, full appearance that blends seamlessly with your existing hair.

### Who is FUT Best For?

Patients with advanced hair loss who require a higher volume of grafts in a single procedure may benefit from FUT. It's also recommended for those who are not concerned about concealing a linear scar under longer hair.



The main differences between FUE and FUT is primarily in the extraction method and ideal use cases.

### Long Hair FUE

In this procedure, we use the FUE technique while keeping the hair in the donor area long. This advanced method requires exceptional precision and expertise, making it ideal for patients seeking minimally visible harvesting. Currently we are the only clinic in Australia that offers this technique.

### Comparing FUE and FUT

While both techniques provide effective hair transplant solutions, they differ primarily in the extraction method and ideal use cases.

Features	FUE	FUT
Extraction Method	Individual hair follicles	Strip of scalp
Scarring	Tiny, barely visible puncture marks	Linear scar hidden under longer hair
Recovery Time	Faster with minimal discomfort	Slightly longer due to incision closure
Graft Volume	Lower per session	Higher per session
Who is it ideal for?	Patients with mild to moderate hair loss	Patients with extensive hair loss

# What to Expect During the Hair Transplant Procedure

If you are considering a hair transplant procedure, here's a helpful outline of each stage of the procedure so you have a clear view of what to expect before, during and after the procedure.

## Step 1: Pre-Procedure Consultation and Planning

Your hair restoration journey begins with a comprehensive consultation led by [Dr. Vikram Jayaprakash](#), one of Melbourne's most experienced hair transplant doctors.

During this session, he'll thoroughly assess your hair loss, treatment goals, and overall scalp health. Dr. Vikram will also take the time to answer your questions, explain both Follicular Unit Extraction (FUE) and Follicular Unit Transplantation (FUT) techniques, and provide recommendations tailored to your specific needs.

## Step 2: Pre Hair Transplant Care

Proper preparation is vital for achieving the best possible outcomes. Adhering to the following pre hair transplant care tips will optimise your procedure and support recovery.

- **Avoid Smoking and Alcohol**

Refrain from smoking and drinking alcohol at least two weeks before surgery. These habits can impair circulation, slow healing, and increase the risk of complications.

- **Stop Blood-Thinning Medications**

If you are taking any blood-thinning medications, consult your doctor. Medications like aspirin can increase bleeding risk during the procedure. Your doctor may recommend temporarily discontinuing them.

- **Maintain Scalp Health**

Keep your scalp clean and avoid any potential infections before the procedure. Maintaining good hygiene will reduce the risk of complications.

- **Discuss Expectations**

Have an open conversation with Dr. Vikram to align your expectations with achievable results. Understanding what to expect can help ease any anxiety and improve your confidence in the process.



*The hair transplant procedure consists of a few steps including follicle extraction and follicle placement.*

## Step 3: Hair Transplant Procedure

The hair transplantation procedure is a meticulous process designed to ensure natural and long-lasting results.

### Preparation

Your scalp is cleaned, and local anaesthesia is applied to the donor area and the recipient area to minimise discomfort during the procedure. This ensures that you remain comfortable throughout the process.

### Follicle Extraction

This can differ depending on the technique chosen (FUE or FUT):

- In FUE, individual hair follicles are carefully extracted using a micro-punch tool. This minimally invasive approach leaves no linear scars, making it ideal for patients who prefer shorter hairstyles.
- In FUT, a thin strip of scalp is removed from the donor area. From this strip, individual hair follicles are harvested to be implanted. FUT is often recommended for patients needing a higher graft volume.

### Follicle Preparation

The extracted follicles are examined and sorted based on quality. This step ensures that only the healthiest follicles are used, maximising the chances of successful new hair growth.

### Follicle Placement

The follicles are meticulously implanted in the recipient area following your natural hair growth patterns. This step is crucial in achieving natural-looking hair restoration results that blend seamlessly with your existing hair.

### Completion

The duration of the hair transplant procedure can vary depending on the technique used and the number of grafts required:

- **FUE Hair Transplant:** This method typically takes between 6 to 8 hours as individual hair follicles are extracted and implanted.

For patients with larger areas of hair loss, the procedure may span one or two days to ensure precision and optimal results. This staged approach allows for greater accuracy and patient comfort, especially when a high number of grafts is required.

- **FUT Hair Transplant:** FUT usually takes between 4 to 6 hours since a strip of scalp is removed, and the grafts are prepared and transplanted in a more streamlined process.

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## Step 4: Post-Operative Care for Hair Transplants

Proper post-operative care is essential to promote optimal healing and successful hair restoration results.

- **Follow Aftercare Instructions**

Dr. Vikram will provide detailed instructions on how to care for your scalp, including when and how to wash your hair, and recommendations to avoid physical strain and protect your scalp from direct sunlight.

- **Wear a Protective Cap**

Avoid exposure to dust and pollutants by wearing a loose, protective cap in outdoor environments.

- **Attend Follow-Up Appointments**

Regular follow-up visits allow your doctor to monitor your progress, address any concerns, and guide you on how to maintain hair growth and scalp health.

## Step 5: Long-Term Expectations and Results

A hair transplant is a gradual process, with noticeable improvements over time as your hair follicles go through the natural hair growth cycle. Here's a breakdown of what to expect during your hair restoration journey:

### 2 to 3 Weeks Post-Surgery

Initially, you may notice that the transplanted hairs begin to shed. This is a normal part of the hair growth cycle known as "shock loss." While it may seem concerning, this is an expected phase as the follicles enter a temporary resting period before starting new growth.

### 3 to 6 Months Post-Surgery

During this period, new hair growth will begin to emerge from the transplanted follicles. Hair strands may initially appear fine and sparse but will gradually thicken over the coming months. Many patients also notice a steady increase in hair density at this stage.

### 6 to 12 Months Post-Surgery

Your transplanted hair will continue to mature, becoming thicker and blending seamlessly with your existing hair. Areas that were previously thin or bald will show significant improvement in coverage, with results becoming more consistent.

### 12 to 18 Months Post-Surgery

By this point, you can expect to see the full results of your hair transplant. The transplanted hair will have reached its full density and texture, creating a natural, long-lasting outcome. The results should be indistinguishable from your own natural hair, offering a boost in both appearance and confidence.

### Patient Support and Aftercare

At Atlantis Medical, [our dedicated care team](#) is here to provide guidance and support during every step of your recovery. Whether you have questions or concerns, we're always just a call away and are here to ensure that you feel supported and confident throughout the entire healing process.



*The factors that affect hair transplant cost include type of hair transplant procedure, expertise and reputation of the doctor and the number of grafts required.*

## Factors That Affect Hair Transplant Cost

The cost of a hair transplant can vary depending on multiple factors.

### 1. Type of Hair Transplant Procedure

At Atlantis Medical, we provide both FUE (Follicular Unit Extraction) and FUT (Follicular Unit Transplantation) procedures—two of the leading methods in hair transplantation today.

While other clinics may charge different rates for these techniques due to variations in how individual hair follicles are extracted, we maintain consistent pricing for both. This allows you to choose the method that best aligns with your hair loss pattern and goals without worrying about cost differences.

During your consultation, we will explain the differences between these techniques and help you select the most suitable option.

### 2. Expertise and Reputation of the Doctor

Choosing a highly skilled and reputable hair transplant doctor is crucial to achieving natural-looking results. At our Melbourne hair transplant clinic, Dr. Vikram Jayaprakash leads the team and has over 20 years of experience in hair restoration procedures.

Trained at the renowned University of Southampton Medical School, Dr. Vikram has refined his expertise in both FUE and FUT techniques and has worked alongside pioneers in the field of hair transplantation. His personalised approach ensures that each patient receives safe, precise, and effective care tailored to their needs.

### 3. Number of Grafts Required

The number of grafts (or hair follicles) you need significantly affects the total cost. Patients with more advanced hair thinning or hair loss typically require a greater number of grafts to achieve full, natural coverage.

During your consultation, we will evaluate the extent of your hair loss and provide a detailed estimate of how many grafts are necessary to meet your hair restoration goals. This allows us to tailor the treatment to deliver optimal results.

#### 4. Customisation and Complexity of the Procedure

No two patients have the same hair loss concerns or donor area conditions. The complexity of your procedure is influenced by factors such as:

- Your unique natural hair growth patterns
- The condition of your scalp and donor area
- The level of coverage and density you wish to achieve

Our experienced team customises each procedure to ensure seamless integration with your existing hair, providing a permanent hair loss solution that looks and feels natural.

#### 5. Additional Services Included

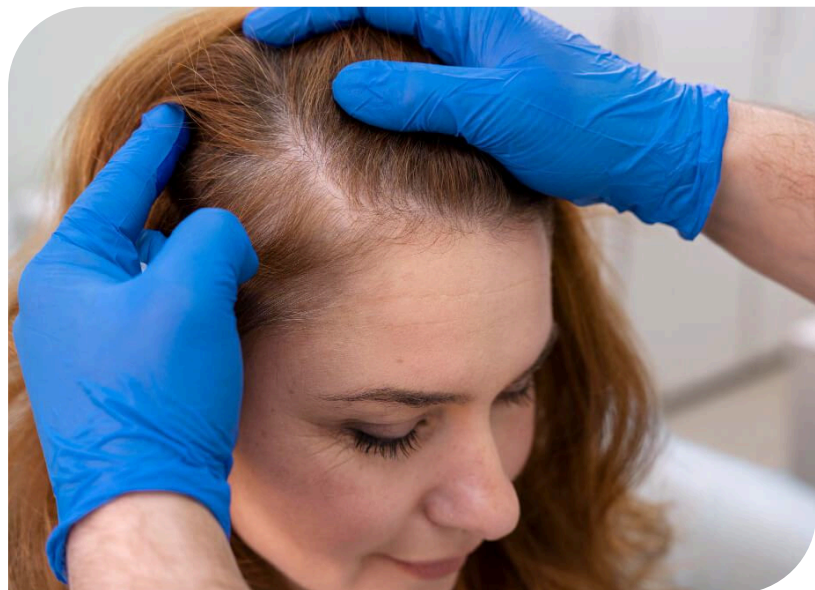
The level of support and care provided by your clinic can also impact pricing. Some clinics may charge extra for services such as consultations, pre-operative assessments, or follow-up appointments, leading to hidden fees.

## Cost of a Hair Transplant at Atlantis Medical

At Atlantis Medical, we are committed to clear and transparent pricing. We offer consistent costs for both Follicular Unit Extraction (FUE) and Follicular Unit Transplantation (FUT), with no price differentiation between the two procedures.

#### **Hair Transplant Pricing:**

- 1,000 grafts: **\$8,800**
- 2,000 grafts: **\$14,700**
- 2,500 grafts: **\$17,000**



*The hair transplant package at Atlantis Medical comes with everything you need from the consultation to the procedure and theatre fee.*

## What's Included in Your Hair Transplant Package at Atlantis Medical

Our all-inclusive approach provides everything you need for optimal outcomes:

- **Initial Consultation:** During this consultation, Dr. Vikram will discuss your goals, address any questions and create a tailored treatment plan.
- **The Procedure:** Whether you choose FUE or FUT, Dr. Vikram and our experienced team at Atlantis Medical will perform the procedure with precision and ensure that your hair transplant procedure is tailored to your unique needs.
- **GST-Inclusive Pricing:** GST is included in the cost of your procedure so you don't have to worry about surprise fees.
- **Theatre Fee:** Our package covers the theatre fee, including all necessary equipment and resources to ensure your procedure is performed safely and efficiently.
- **Pre- and Post-Operative Care:**
  - Detailed aftercare instructions to promote healing
  - Follow-up consultations to monitor progress and address any concerns
  - Access to our dedicated support team for advice and guidance throughout your recovery

## Is a Hair Transplant Procedure Right for You?

A hair transplant may be the solution you've been searching for if you're experiencing hair thinning, male pattern baldness, or other forms of hair loss that affect your confidence and wellbeing. At Atlantis Medical, we specialise in personalised hair transplant solutions tailored to your unique needs, offering both FUE and FUT techniques for effective, long-term results.

With [state-of-the-art facilities](#) in Melbourne and a patient-first approach, we treat just one patient per day to ensure the highest level of care. Led by Dr. Vikram Jayaprakash, one of Melbourne's most trusted and experienced hair transplant doctors, our clinic ensures every patient is well taken care of.

[Book a consultation](#) with us today to learn more about how a hair transplant procedure can help restore your confidence and transform your appearance.

## FAQs

Here are answers to some of the most frequently asked questions we've received pertaining to hair transplantation.

### Will a hair transplant stop further hair loss?

While a hair transplant restores hair in the treated areas, it does not prevent future hair loss in untreated regions. Additional treatments, such as medications or follow-up transplants, may be recommended to maintain an even hair density over time.

### How do I prepare for a hair transplant procedure?

Pre hair transplant care involves avoiding alcohol, smoking, and blood-thinning medications, as these can impair healing. Maintaining a healthy scalp and having a detailed consultation with your doctor to discuss your goals and expectations is essential.

### Can anyone get a hair transplant?

Not everyone is an ideal candidate for a hair transplant. Factors such as insufficient donor hair, certain medical conditions, and scalp health may affect your eligibility. Dr. Vikram will assess your unique situation during your consultation to determine the best solution.

### Will the transplanted hair look natural?

Yes, modern hair restoration procedures are designed to mimic your natural hair growth patterns. At Atlantis Medical, we specialise in advanced techniques like FUE and FUT to ensure the transplanted hair blends seamlessly with your existing hair, creating a natural appearance.

### Can I return to work after the procedure?

Recovery times vary depending on the technique used. Many patients can return to light activities within a few days after an FUE hair transplant, while FUT may require a longer rest period. Our team will provide you with customised post-operative care instructions to support a smooth recovery.

## Are there any risks or complications with hair transplants?

Hair transplants are generally safe when performed by qualified specialists. However, like any surgical procedure, there are potential risks, including infection, scarring, and temporary swelling. Atlantis Medical takes all necessary precautions to minimise risks and ensure patient safety at every stage of the process.

### **Disclaimer.**

*The information provided in this eBook is intended for educational purposes only and should not be construed as medical advice. Always consult with a qualified healthcare professional before making any decisions about hair loss treatment.*