



Hairfree & Hargrow
CLINIC

Everything
about

Hair care

PRO TIPS
FOR HAIR CARE

THE BEST FOODS
FOR HAIR GROWTH

How much hairloss
is normal?

Hairloss advanced
treatment options

What is hair
transplant ?

PRP myths
& facts



Dr. Kiran Chotaliya

Dermatologist & Hair Transplant Surgeon



YOGA ASANAS THAT CAN HELP
WITH HAIR GROWTH

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Preface

Welcome to the world of hair, where strands weave tales of identity, culture, and beauty. This book is a comprehensive guide to understanding and caring for your hair, covering everything from the reasons behind hair loss to the latest advancements in treatment options, including hair transplant and PRP therapy. Additionally, it provides practical everyday hair care tips to help you maintain healthy and beautiful locks.

Hair loss affects millions of people worldwide, and its causes can vary from genetics to lifestyle factors. In these pages, we delve into the myriad reasons behind hair loss, shedding light on common misconceptions and offering insights into effective prevention and management strategies.

As the founder and owner of Urban Skin & Hair Clinic, as well as the HairFree & HairGrow Clinic chain, I, Dr. Kiran Chotaliya, M.D. Skin & V.D., bring over 10 years of experience to this exploration. Having attended to more than 10,000 hair loss patients, I have encountered a diverse range of cases and have witnessed firsthand the impact of hair loss on individuals' lives. Through my experience, I aim to empower readers with knowledge and guidance to navigate their own hair loss journeys with confidence.

The book also discusses the latest advancements in hair restoration techniques, including hair transplant surgery and Platelet-Rich Plasma (PRP) therapy. By exploring these cutting-edge treatments, readers can gain a deeper understanding of their options and make informed decisions about their hair restoration journey.

Furthermore, we provide practical everyday hair care tips that anyone can incorporate into their routine to promote healthy hair growth and prevent damage. From proper washing techniques to the benefits of a balanced diet, these tips are designed to help readers optimize their hair health from the comfort of their own homes.

Whether you're grappling with hair loss, considering hair restoration options, or simply seeking to improve the health and appearance of your hair, this book is your comprehensive guide to all things hair-related. Join us as we embark on a journey through the tangles and triumphs of hair, discovering its beauty, complexity, and enduring power.

So, dear reader, sit back, relax, and let's explore the captivating world of hair together.

Warm regards,



DR. KIRAN CHOTALIYA

M.D. Skin & V.D., Hair Transplant Surgeon
Founder & Owner, Urban Skin & Hair Clinic
Founder & Owner, HairFree & HairGrow Clinic chain

DESIGNED & EDITED BY SHUBHAM PANDIT



HAIR THE MOST IMPORTANT ASPECT OF OUR LOOKS

Hair care is important not only for our appearance but also for our overall hygiene. Having healthy hair allows us to look our best and ensure our hair and scalp are healthy.

There are many reasons why and how we should take care of our hair.

CONFIDENCE BOOST

Healthy and beautiful hair enhances confidence and in-turn boost you to feel strong about yourself.



IT GIVES YOU A YOUTHFUL EXPERIENCE

Not having hair means you look ten years older than you actually are, having hair is an anti-aging quality, if you take proper care of it.

BEAUTY ENHANCER

Most of us feel incomplete without a suitable hairstyle to finish off our look. Playing around with different hairstyles is a fun way to discover new ways to enhance our beauty.

HAIRSTYLES CAN HIDE YOUR FACIAL WEAKNESSES

Hairstyles can hide your facial weaknesses and enhance the strengths to make you look more appealing.

IT MAKES YOU FEEL GOOD ABOUT YOURSELF

Having healthy hair and a stunning hairstyle can help you by letting you feel good about yourself all while hiding your weaknesses.



HAIR GROWTH MYTHS AND FACTS

#1

Hair Loss is an intriguing problem not only for the ones suffering but also for doctors treating the same. It is very pertinent to understand hair loss before someone actually presses the panic button. We've created this infographic to enlighten the patients about some myths that are highly prevalent among patients.

Mentality

Hair Shedding and Hair Loss are same.

Reality

The hairs follow a cycle of regrowth that is Anagen, Catagen & Telogen. Wherein the hair follicles fall down & regrow. So losing as many 50-100 hair is normal. Hair loss starts when the number of hair falling is more than the number of hair growing back.

MOST
women think bald
men look overaged



Mentality

Frequent shampooing causes hair to fall out.

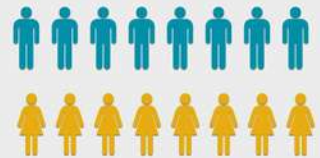
Reality

There is common perception that shampooing makes hair go thin. When people notice few hair in tub it increases the suspicion further and they even shampoo less often. Contrary the solution is shampoo every day and excess hair in tub will disappear.

#2

HAIR LOSS IS CURABLE PROBLEM

People really do not make logical effort to combat it but remain psychologically disturbed.



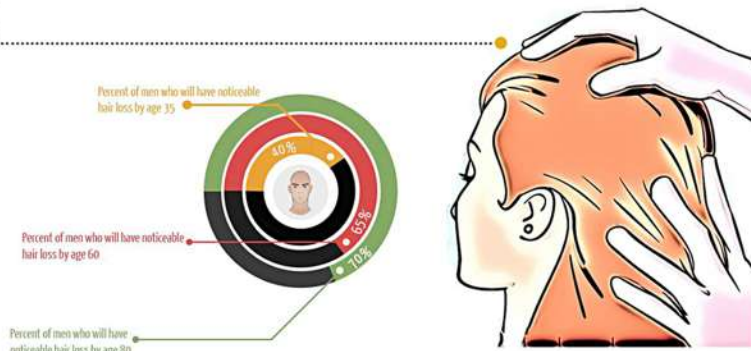
#3

Mentality

Oil Massage is always good done regularly.

Reality

A lot of hair massage causes trauma for the roots and they may become weak over a period of time. So you can oil your hair with soft hands but also avoid using excess of oil.



Mentality

Cutting/shaving your hair will make it grow back thicker

Reality

This is myth as hair are normally thicker near the roots and it feels that hair have got thicker. But they will come to same level when they grow.

#4



A large population starts facing hair thinning after the age of 30

#5

Mentality

Hair loss is always genetic

Reality

There are other factors also such as hormonal, nutritional deficiency, skin infection etc. So it is very pertinent that a medical examination be conducted to investigate the cause

25%
OF WOMEN FACE HAIR LOSS



KYLE PAUL

HOLLYWOOD ACTOR

CELEBRITY FIRST CHOICE



Hair Transplant at Hairfree & Hairgrow Clinic

 Watch full video



SALMAN SHAIKH

CELEBRITY FIRST CHOICE



Hair Transplant at Hairfree & Hairgrow Clinic



Watch full video





WHAT IS HAIR LOSS ?

Ideally It's normal to lose between 50 to 100 hairs a day. With about 100,000 hairs on your head, that small loss isn't noticeable. New hair normally replaces the lost hair, but this doesn't always happen. Hair loss can develop gradually over years or happen abruptly. Hair loss can be permanent or temporary.

HEALTHY HAIR CYCLE



Anagen Phase (Growth Phase): This is the active phase of hair growth where new hair cells are produced and the hair shaft extends.

Catagen Phase (Transition Phase): This is a short transitional phase that lasts for a few weeks.

Telogen Phase (Resting Phase): This is the resting phase where the hair follicle is dormant and no new growth occurs.

Exogen Phase (Shedding Phase): During the exogen phase, hair is shed from the scalp, often helped along by washing and brushing.

If you notice that you're losing more hair than usual, you should discuss the problem with your doctor. They can determine the underlying cause of your hair loss and suggest appropriate treatment plans.

COMMON REASON FOR HAIR LOSS ?



Watch full video



Scalp Skin Problems



Styling Products



Medical Conditions



Medications

COMMON TYPE OF HAIR LOSS



ALOPECIA AREATA

It is an autoimmune disease that triggers the immune system to attack its hair follicles. It can result in small bald patches to complete hair loss.



ANAGEN EFFLUVIUM

It is a cycle of rapid hair loss. It usually happens due to inflammation or fracture in hair shafts as a side effect of chemotherapy or radiation therapy.



TELOGEN EFFLUVIUM

It is a type of sudden hair loss that occurs due to traumatic shock periods, such as periods of extreme stress that can be emotional, physical, or due to any severe illness.



TRACTION ALOPECIA

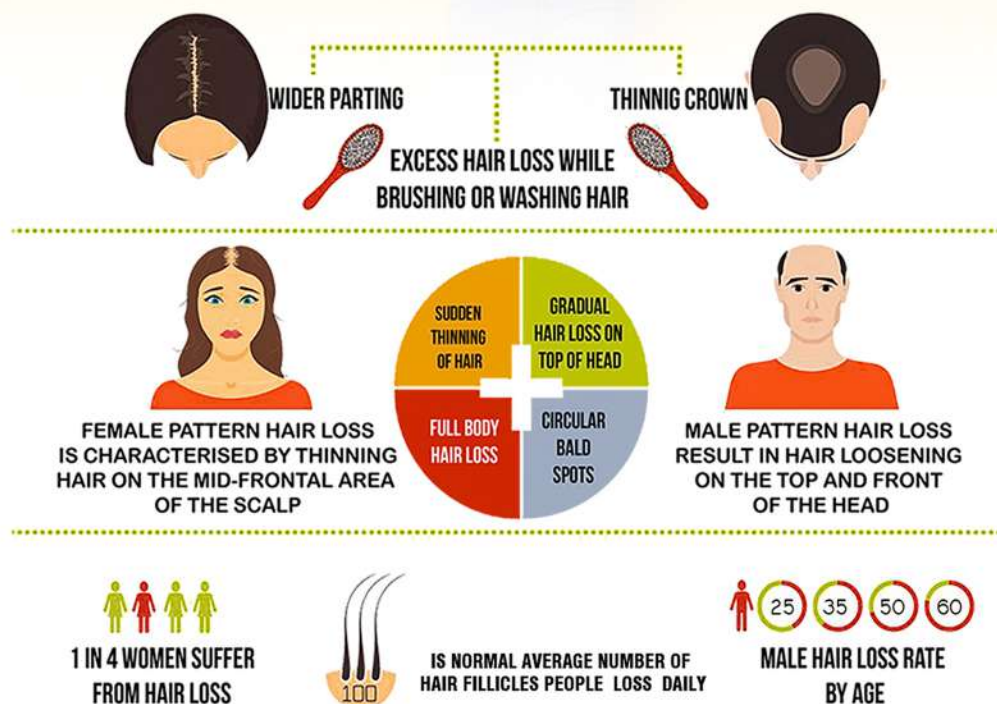
Traction alopecia occurs due to physical stress or pressure also signified by the word 'traction' or 'pull' on the hair, such as wearing tight ponytails, braids, or wild hair pulling habits.



ANDROGENIC ALOPECIA

Also popularly known as Female or Male pattern baldness. This type of condition is linked to the overproduction of DHT or dihydrotestosterone, which gradually causes hair follicles to shrink, a process called miniaturization

TOP SIGNS OF HAIR LOSS



COMMON HAIRLOSS PATTERNS



Male pattern baldness typically follows a predictable pattern, known as the Norwood scale. It often starts with a receding hairline, resulting in a "M" shape or a receding pattern at the

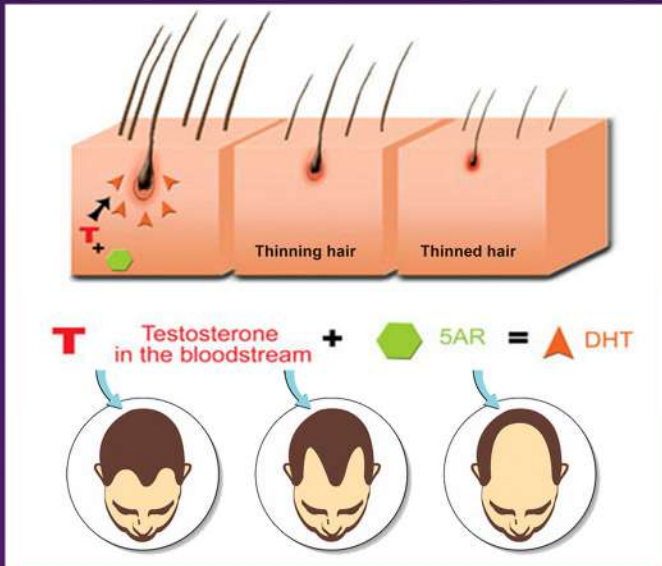


Female pattern baldness typically presents as a diffuse thinning of hair across the scalp rather than a distinct pattern like in men.

HOW BALDNESS OCCUR?

Dihydrotestosterone (DHT) is a hormone derived from testosterone through the action of an enzyme called 5-alpha reductase. In individuals with a genetic predisposition to male pattern baldness, the hair follicles on the scalp are genetically sensitive to the effects of DHT.

Here's a general overview of how DHT contributes to the occurrence of baldness



Miniaturization of hair follicles:

DHT binds to receptors in the hair follicles and causes a process called miniaturization. This process gradually shrinks the affected hair follicles, leading to shorter and thinner hair strands with each new growth cycle. Over time, the follicles become so small that they no longer produce visible hair.

TRICHOSCOPY

Trichoscopy, also known as dermoscopy of the hair and scalp, is a non-invasive diagnostic technique used to examine and analyze the hair and scalp conditions. It involves the use of a dermatoscope, which is a handheld device with a magnifying lens and a light source, to visualize the hair and scalp at a much higher magnification than what is possible with the naked eye.





HOW TO DIAGNOSE

The following methods of diagnosis are typically employed when identifying the root cause of hair loss:

- A detailed medical history of the client
- Densitometer examination of the hair and scalp condition
- Hair pull test
- Hair pluck test
- Evaluation of diagnostic lab test results
- Scalp biopsy

HAIR TREATMENT OPTIONS

Basic Hair Treatments

- Medical Hairloss Management According to Underlying Cause
- Cyclical Hair Nourishment Therapy
- Dandruff Control Therapy
- Alopecia Areata Hair Regrowth Treatment Sessions

Advance Hair Treatments

- PRP Therapy for Hair Regrowth
- Mesotherapy to Control Hair Fall
- GFC Therapy to Reverse Ongoing Hair Thinning
- Low Laser Light Therapy
- Advance FUE Hair Transplant Procedure

TREATMENT OPTIONS AVAILABLE AND WHEN TO CHOOSE WHICH ONE ?

FOR BALDNESS:
HAIR TRANSPLANT

FOR WEAK HAIR:
MEDICAL TREATMENT
MINOXIDIL
FINESTESIDE
PRP THERAPY
FOOD SUPPLEMENT



BEFORE

Hair Transplant



5 PRP Treatment



After 9 Months

After 9 Months



HAIR TRANSPLANT RESULT



PRP RESULT

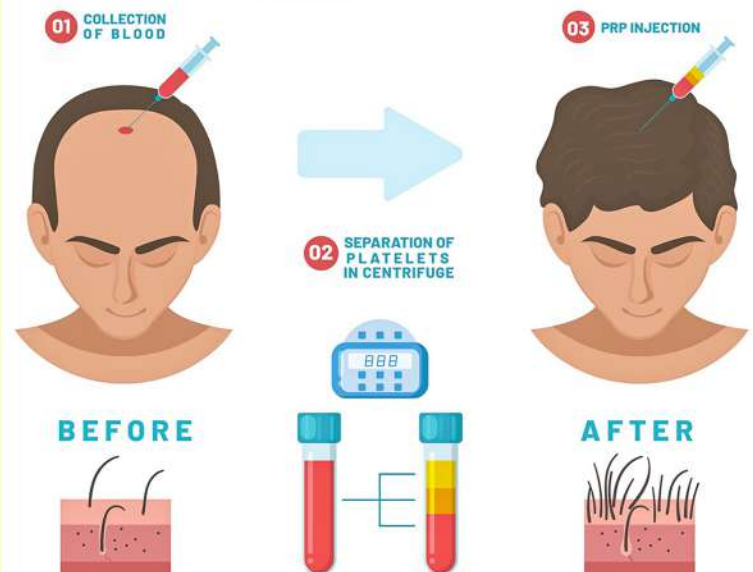
WHAT IS PRP ?

Hairfree & Hairgrow Clinic offers Platelet Rich Plasma (PRP) treatments for both men and women who want to rejuvenate their hair loss.

Hair follicles shrink as you age due to hormonal changes. Genetics also plays a role in the balding process, with some men genetically predisposed to Male Pattern Baldness.

Steps of PRP Therapy for Hair Loss

- 1. Blood Collection:** A small sample of the patient's blood, usually around 30-60 milliliters, is taken from their arm.
- 2. Centrifugation:** The blood sample is placed in a centrifuge machine, which spins at high speed to separate the platelet-rich plasma from other components of the blood.
- 3. PRP Extraction:** After centrifugation, the platelet-rich plasma, which is a concentrated form of platelets, is collected.
- 4. Preparation and Activation:** Sometimes, an activator, such as calcium chloride or thrombin, is added to the PRP to initiate the release of growth factors.
- 5. Injection:** The PRP is injected into the areas of the scalp that are experiencing hair loss. Injections are usually performed using a fine needle, and the treatment may involve multiple injections across the affected area.



PRP RESULT



FAQ

How does PRP promote hair growth?

Platelets contain growth factors that can promote tissue repair and regeneration. When injected into the scalp, PRP stimulates hair follicles, encourages the growth phase of hair, and improves blood supply to the follicles.

Is Hair PRP suitable for everyone with hair loss?

Hair PRP is generally suitable for individuals experiencing early stages of hair loss or thinning. It may not be as effective for those with advanced baldness.

Can PRP be combined with other hair loss treatments?

Yes, Hair PRP can be combined with other hair loss treatments, such as medications or laser therapy, for enhanced results.

A close-up photograph of a woman with dark hair lying down, her head tilted back. A person wearing a yellow glove is using a syringe to inject a liquid into her scalp. The woman has a neutral expression and is looking upwards.

MESOTHERAPY

Mesotherapy Involves ready-made solutions of vitamins, minerals and amino acid mixtures, which are injected into the scalp. It will nourish the hair follicles and stimulate the growth.

Mesotherapy Benefits

- Safe, simple, and comfortable procedure
- Non-surgical
- Short duration (~30 minutes)
- Virtually painless
- No pre or post-precautionary measures required

Who are the ideal candidates for hair Mesotherapy?

Anyone suffering from hair condition like pattern baldness, patchy hair loss, progressive thinning, or alopecia are qualified to undergo hair Mesotherapy procedure.



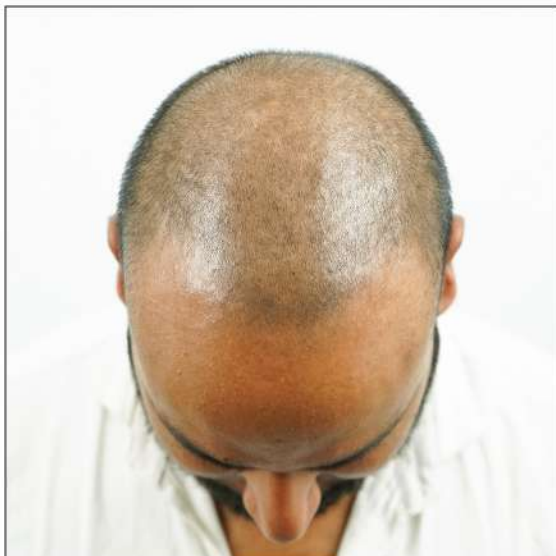
GFC

(GROWTH FACTOR CONCENTRATE)

GFC advantages over PRP

GFC for hair loss treatment is believed to have a higher concentration of growth factors than PRP, potentially leading to more robust hair growth stimulation.

	PRP	GFC
Discovery	Old Treatment	Latest Therapy
Prepared from patient's blood	Yes	Yes
Final Outcome	Platelets with unwanted cells (RCBs, WCBs)	High Concentration of Growth Factors derived from Platelet activation
Platelet Loss	Yes	No
Complexity of procedure	Complex	Simple
Operator Dependent Variation	High	None
Results	Variable & take longer time	Optimum & take less time
Pain & Inflammation	Moderate Chance	Very Low chance as it contains zero RBCs & WBCs
Number of session required	More	Less





MICRONEEDLING

Benefits :

- 1. Stimulates Hair Growth:** Microneedling creates micro-injuries in the scalp, which stimulate the production of growth factors and promote blood circulation.
- 2. Enhances Absorption of Topical Treatments:** The micro-channels created by microneedling allow for better absorption of topical treatments, such as minoxidil or hair growth serums.
- 3. Strengthens Hair Follicles:** Microneedling can strengthen weakened hair follicles by promoting collagen and elastin production.

LOW LEVEL LASER THERAPY

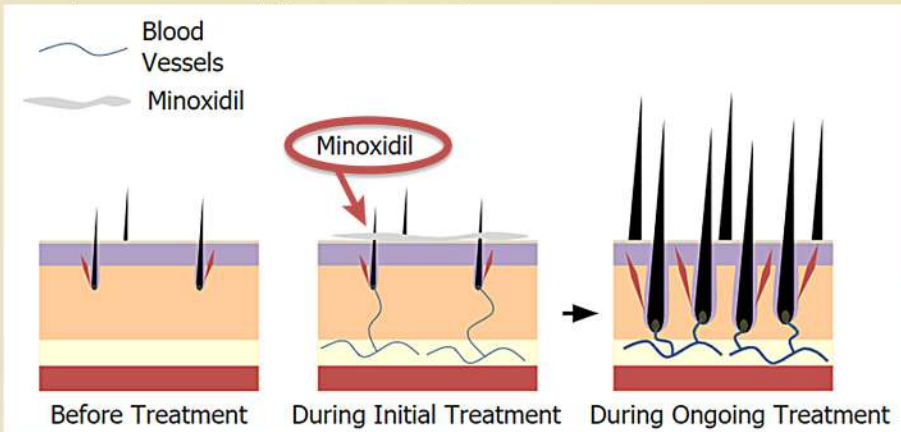


Benefits :

- 1. Stimulates Hair Follicles:** LLLT stimulates hair follicles by increasing blood flow to the scalp and delivering nutrients and oxygen to the hair roots.
- 2. Promotes Hair Growth:** Research suggests that LLLT can extend the growth phase of hair follicles, leading to increased hair growth and density.
- 3. Reduces Hair Loss:** LLLT may help reduce hair loss by strengthening hair follicles, prolonging the lifespan of existing hair, and preventing premature shedding.

MINOXIDIL

Only USFDA Approved Topical Treatment



Male Pattern Baldness develops when hair follicles (tiny holes on the scalp where hair grows) shrink. Shrunken follicles produce thin, brittle hair and eventually cease to produce hair.

Hair follicles shrink as you age due to hormonal changes. Genetics also plays a role in the balding process, with some men genetically predisposed to Male Pattern Baldness.

How Minoxidil Works?

As minoxidil widens the blood vessels in the scalp, it can stop and even reverse hair loss in some cases. As a result, blood flow increases to the hair follicles, supplying them with oxygen and nutrients. This allows them to grow strong hair strands.

How Long Does Minoxidil Take to Work?

Results will take three to six months of consistent use.

You may experience hair shedding during the first month of using Minoxidil. Hair loss is normal during the first month and is not cause for concern. In fact, it's a sign that Minoxidil is effective. Minoxidil stimulates hair follicle growth, which means your old hair will shed to make way for healthier, stronger hair.

Minoxidil Precautions

Doctors monitor the progress of the medication's use. As a result, it is critical to visit the doctors regularly and express how you feel or any problems you are experiencing while taking the medication.



PRACHI VAISHNAV

CELEBRITY FIRST CHOICE



**Hair Fall Treatment at
Hairfree & Hairgrow Clinic**



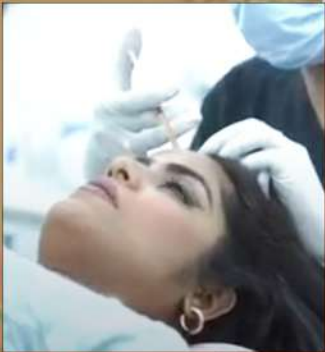
Watch full video



NAGIN 4

SAYANTANI GHOSH

CELEBRITY FIRST CHOICE

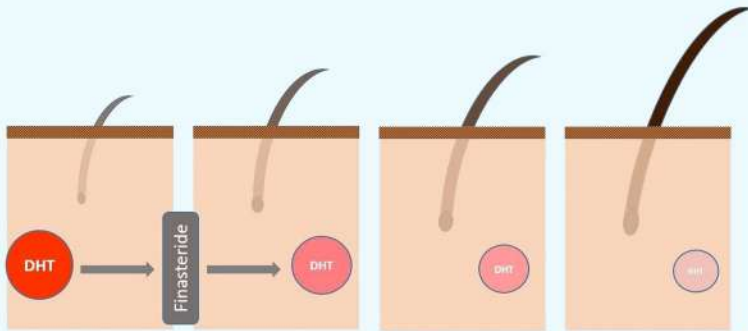


**Hair Fall Treatment at
Hairfree & Hairgrow Clinic**



Watch full video





Finasteride blocks the formation of DHT

Finasteride is a medication used to treat male pattern baldness (androgenetic alopecia). It works by reducing the levels of dihydrotestosterone (DHT), a hormone linked to hair miniaturization and loss, in the scalp. Finasteride can help slow down or even reverse hair loss in some individuals and promote the regrowth of hair.

Here's how finasteride affects hair growth

Reduction of DHT Levels:

By inhibiting 5-alpha-reductase, finasteride reduces the conversion of testosterone into DHT. This results in lower DHT levels in the body, including the scalp.

Effect on Hair Follicles:

In individuals with androgenetic alopecia, hair follicles in certain areas of the scalp are genetically sensitive to the presence of DHT. Over time, exposure to DHT can cause these hair follicles to shrink, leading to the miniaturization of hair and eventual hair loss.

Hair Follicle Reversal:

When DHT levels are reduced, the hair follicles affected by DHT can gradually revert to their normal size and function. This can result in the regrowth of hair and the prevention of further hair loss.

Hair Maintenance:

While finasteride is effective in reducing hair loss and promoting hair regrowth in some individuals, it's important to understand that it may not work for everyone. The effectiveness of finasteride can vary from person to person.

Long-Term Use:

To maintain the benefits of finasteride, individuals need to continue taking the medication. Discontinuing the medication may lead to the return of elevated DHT levels and the resumption of hair loss.



ROLE OF DIET

A well-balanced and nutritious diet is essential for maintaining overall health, and this includes the health of your hair. Proper nutrition can contribute to strong, vibrant hair by providing the necessary building blocks and support for hair follicles.



1. Eggs

The high levels of proteins and biotin in eggs can greatly help boost health of your hair strands. That's why you should add eggs to your diet.



2. Spinach

Vitamins A, C, B, and B2, present in spinach help in providing healthy hair growth. It also has iron which works like a magic spell for hair follicles.



3. Almonds

Magnesium content in almond promotes hair growth. According to hair experts, consuming soaked almonds helps reduce hair fall too.



4. Sweet potato

Sweet potatoes are loaded with beta-carotene that later turns into a vitamin and protect hair from getting fragile, dull, and dry.



5. Soybeans

For young adults losing hair due to lifestyle issues, soybeans can be a great addition to the weekly diet plan!



DANDRUFF

HOW TO IDENTIFY THE TYPES OF DANDRUFF YOU HAVE

1) Dry Skin Dandruff

This is a very common phenomenon and could be the result of taking a shampoo and washing your hair with very hot water which creates dryness. This happens essentially in winter and is very common among people with dry curly hair.

2) Oily-Scalp Related Dandruff

This is a condition that is the result of an oily scalp and could result in different types of dandruff. Sebum is necessary as it keeps the scalp moisturised.

3) Fungal Dandruff

It is quite normal to find fungal *Malassezia* on the skin and scalp. This is the result of excessive oil in the scalp or a pH imbalance. The oleic acid produced is a by-product that creates more skin cells and forces them to gather together and form white flakes.

4) Dandruff Caused By Product Build Up

The use of too many hair products including gels, pomades, dyes, leave-in conditioners and mousses bring with them, its own share of risks and are responsible for different types of dandruff.

5) Disease - Related Dandruff

Certain skin conditions such as psoriasis and eczema lead to an exaggerated production of skin cells and this causes scaly skin to develop on the scalp. When sebum and impurities combine with these skin cells, they cause dandruff.

TIPS TO PREVENT DANDRUFF

1) Diet

This is where it all starts from. There are a range of body deficiencies that could trigger off your particular hair condition. A healthy and balanced diet would be your way to nip the problem at the initial stage itself.

2) Omega 3 Fatty Acids

Dandruff and dry skin are frequently a result of Omega-3s as they provide the body with the necessary oils, moisturise and prevent inflammation.

3) Zinc

This is one of the most important minerals as it bolsters the immune system. Animal proteins, whole grains and nuts are good sources of zinc.

4) Probiotics

Home-made curd is one of the best sources of probiotics. They also help strengthen the immune system and help the body combat the fungal infections that cause dandruff.

5) Biotin

This vitamin is responsible for the formation of red blood cells which help carry oxygen and other nutrients to nourish the hair follicles and fight dandruff.



DR. KIRAN CHOTALIYA
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HAIR TRANSPLANT

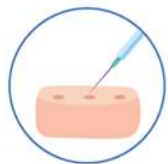
Hair transplantation is a surgical procedure performed to treat hair loss or baldness. It involves taking hair follicles from a donor site, typically the back or sides of the scalp, and transplanting them into the areas of the scalp with thinning or no hair, known as the recipient site.

Steps of Follicular Unit Extraction (FUE)

FUE involves individually extracting hair follicles from the donor area using a small, specialized punch tool. The follicles are then transplanted into the recipient site. This technique leaves tiny scars instead of a linear scar like FUT.



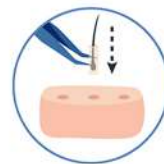
(1) Design Phase



(2) Local Anesthesia



(3) Harvest
from Donor Area



(4) Transplant

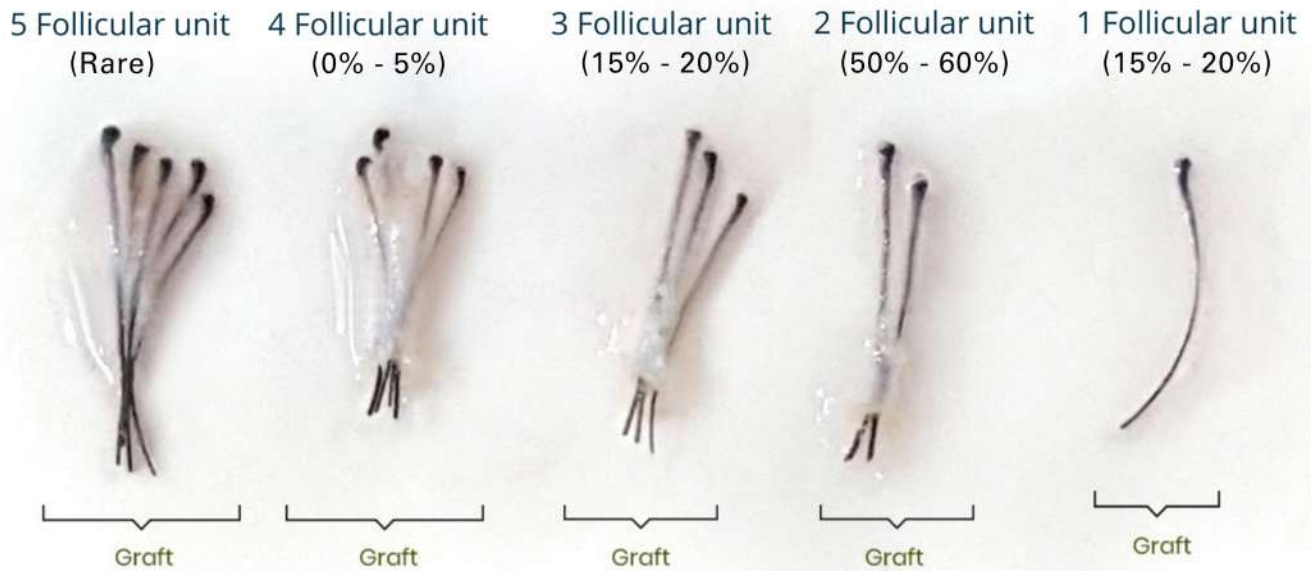


(5) Result

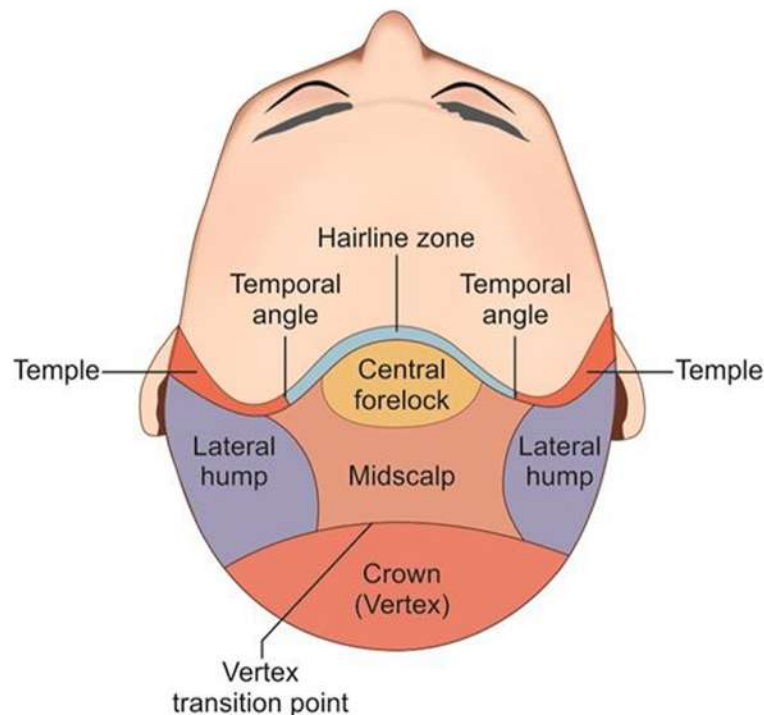
WHAT IS FOLLICLE/GRAFT ?

Hair follicle is the root of inside skin from where hair

Hair grows as follicular units. On an average 10-20% of the hair grows as single follicular unit, 50-60 % grows as two hair follicular unit, 10-20 are three hair follicular units and very few grow as 4 or more hair follicular units



DIVISION OF SCALP



HOW MANY GRAFTS REQUIRED

Estimations of the number of grafts required to transplant all hair loss areas with good density for each hair loss grade



Grade-2 : 1500 to 2500 Grafts



Grade-3 : 2500 to 3500 Grafts



Grade-4 : 3500 to 4500 Grafts



Grade-5 : 4500 to 5500 Grafts

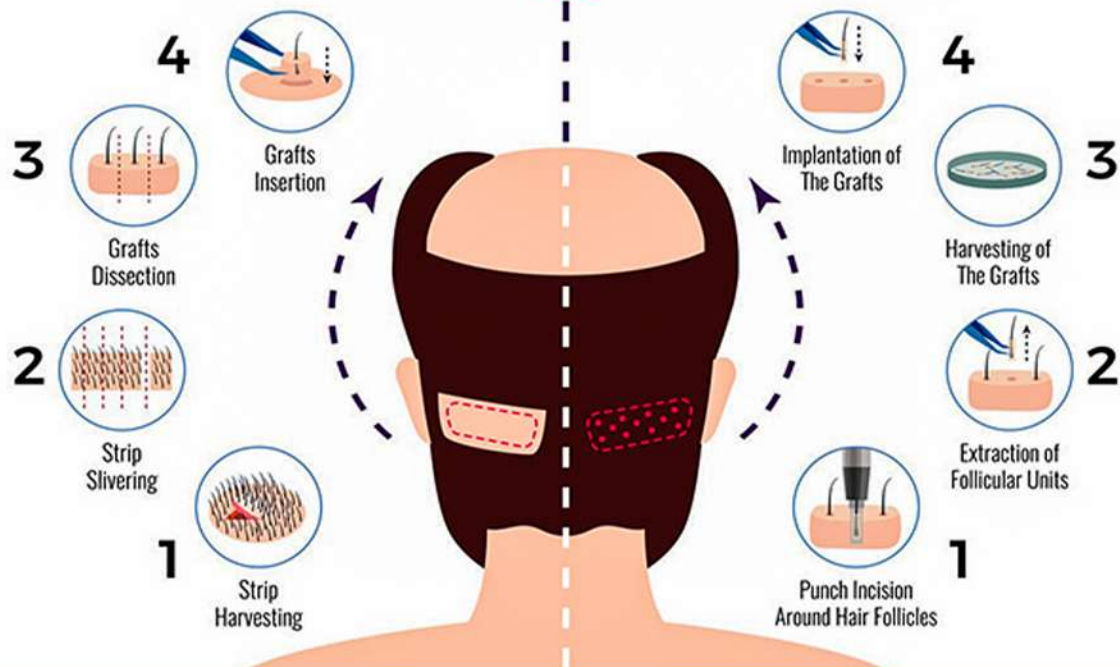


Grade-6 : 6000+ Grafts



Grade-7 : 7000+ Grafts

FUT VS. FUE



BENEFITS OF FUE HAIR TRANSPLANT

HIGH SUCCESS RATE



ALMOST PAINLESS



NO SCAR



FAST HEALING



NATURAL LOOKING HEALING



FEWER COMPLICATIONS



BIG-FUE Hair Transplant Technique

This procedure is specially catered to people who want to have access to the best in our entire Hair Transplant industry. The best equipment are brought to bring forth the best results. Along with special graft storage, we also use special punch and ideal temperature to get for you a Transplant which stays with you forever.



FUE Punch

BIG-FUE punches are small, ranging from 0.6mm to 1.0mm in diameter, which allows for precise

extraction of individual hair follicles without requiring a large incision. This minimizes tissue trauma, reduces scarring, and promotes faster healing compared to other hair transplant methods. Unlike traditional strip harvesting methods, FUE punches do not leave a linear scar in the donor area.



Sapphire Blade

The main feature of this technique is the use of sapphire blades instead of traditional steel or

metal punches. Sapphire is a highly durable and smooth material that can be crafted into extremely sharp and precise blades. The sharpness of the sapphire blades allows for a more precise and controlled extraction of hair follicles.



KEEP Implanter

The Keep Implanter device allows the surgeon to have better control over the depth, angle, and

direction of the implanted follicles. This precision can contribute to a more natural appearance and enhanced aesthetic outcomes. The implantation process using Keep Implanter is designed to minimize trauma to the hair follicles and the recipient area.

Watch full video



Watch full video



GROFACTOR

The Hair Graft is stored in Hypothermosol solution and growth Factor

to provide best results. growth Factors are natural proteins capable of stimulating cellular growth. An area of considerable interest has been the use of storage solution additives to enhance growth and survival of hair grafts.



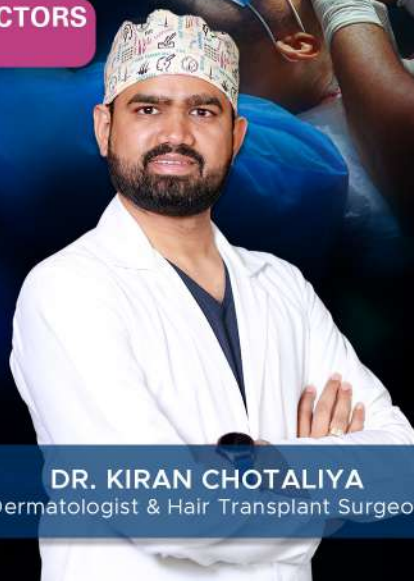
Graft Chiller

The main purpose of a graft chiller is to minimize graft dehydration, reduce metabolic

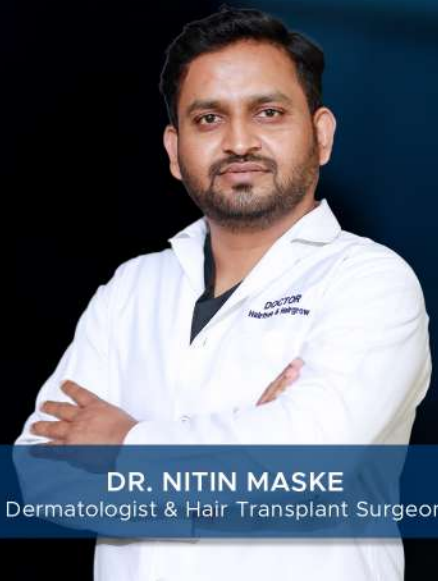
activity, and preserve the grafts' vitality until they are ready to be implanted into the recipient area. The graft chiller helps slow down the metabolic rate of the grafts and prolong their survival outside of the body. The use of a graft chiller allows the surgeon to have a longer timeframe for graft implantation.



QUALIFIED DOCTORS & TEAMS



DR. KIRAN CHOTALIYA
Dermatologist & Hair Transplant Surgeon



DR. NITIN MASKE
Dermatologist & Hair Transplant Surgeon

Why choose hairfree hairgrow clinic

Where Expertise Meets Excellence in Hair Restoration.

- ✓ 30+ Expert Hair Transplant Surgeon and Trichologists
- ✓ Robust Presence with over 10 Centers around the Globe among which 1 Bangladesh and 9 Pan India
- ✓ 11+ Years of Experience
- ✓ 1,00,000 Lakh Satisfactory Clientele
- ✓ 21K+ successful Hair Transplant Surgery
- ✓ We have Received Positive Feedback from more than 3540 Patients via all Social Platforms
- ✓ The Global Leader in Hair Restoration Networks Since 2012, India's Best Hair Transplant Clinic



SAJID SHAHID

CELEBRITY FIRST CHOICE



**Hair Transplant at
Hairfree & Hairgrow Clinic**



Watch full video



RJ VEER

CELEBRITY FIRST CHOICE



Hair Fall Treatment at Hairfree & Hairgrow Clinic



Watch full video



OT INFRASTRUCTRE



GOVERNMENT GUIDELINES

The hair transplant should preferably be undertaken only by those who have surgical grooming like formal surgical training such as MCh/DNB Plastic surgery, MD/DNB Dermatology with adequate grooming in dermatological surgical procedures

1. Hygiene
2. OT Vital Monitor
3. OT Light
4. AC Room
5. Tie Up with Hospital Facility
6. Graft Storage Facility
7. Robotic Chair
8. Magnifying Loupe
9. Inverter / Generator Backup

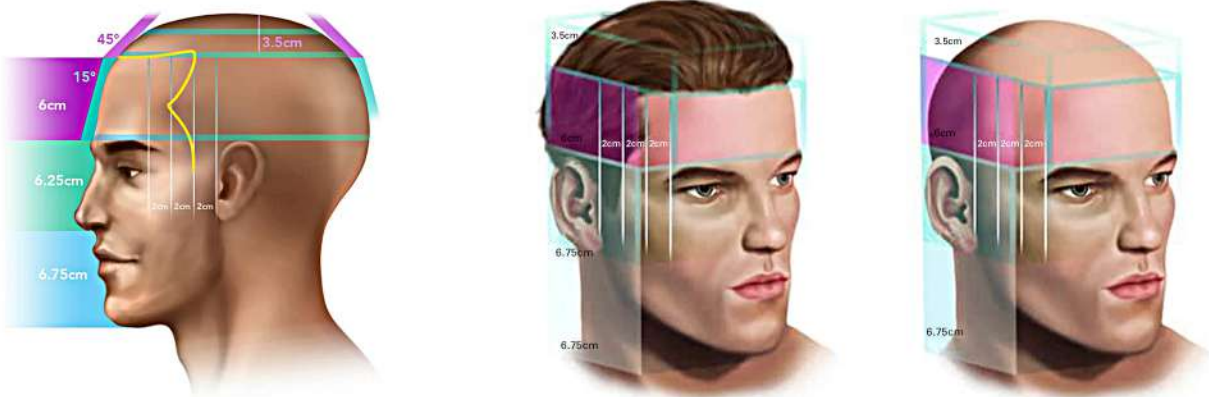
NATURAL LOOKING HAIRLINE

HAIRLINE DESIGN



Hairline design is a critical aspect of hair transplantation, as it significantly influences the overall appearance and naturalness of the results. A well-designed hairline takes into account various factors, including the patient's facial features, age, gender, and future hair loss progression.

HAIR DIRECTION & ANGLE

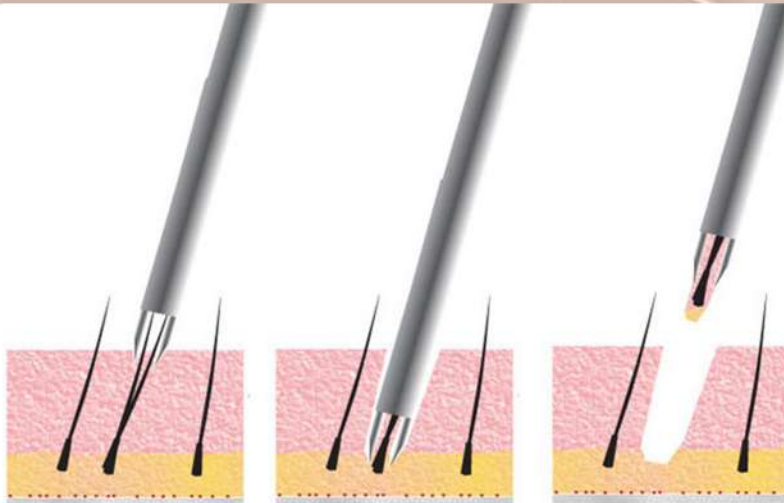


In hair transplantation, the angle of the transplanted hair is an essential consideration for achieving natural-looking results. The angle refers to the direction at which the hair emerges from the scalp. Properly angling the transplanted hair is crucial because it determines how the hair will grow and lay on the scalp, influencing the overall appearance of the transplanted area.

BENEFITS OF SERRATED PUNCH

Serrations on the punch reduce the area of contact of punch over the tissue reducing follicular transection further reduces the follicular transaction rate in FUE. Therefore, it increases the graft yield by helping in graft extraction in difficult areas.

PROCESS OF EXTRACTION



ADVANTAGES

- Faster donor area healing
- Minimally visible marks
- Less post procedure pain & swelling

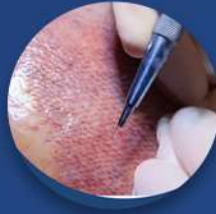
TECHNIQUE FOR SLIT MAKING



NEEDLE



SAPPHIRE BLADE



SLIT MAKING BY
NEEDLE



SLIT MAKING BY
SAPPHIRE BLADE

ADVANTAGE OF SAPPHIRE



REDUCED BLEEDING:

The sharp blades allow to obtain a V shaped-opening of the micro-channels, instead of the classic U-opening. This way of opening micro-channels allows them to be smaller, and therefore causes less bleeding.



GREATER GRAFT DENSITY:

Smaller V-channels allow you to concentrate multiple grafts on the same surface. With the traditional FUE technique it is possible to implant from 40 to 60 units, while with the method of grafting hair with a sapphire scalpel the possibilities increase to 80-120 units per square centimetre.



SHORTER HEALING PERIOD:

Recovery time after the hair transplant is reduced. The risk of skin problems is minimised and the scalp surface remains smooth. With this method, the recovery period after hair transplant is short and with fewer complications. It is important to always follow the steps for post-op care recommended by our experts.

FORCEP VS IMPLANTER



Traditional method cause
grafts damage & reduce
survival rate

Because of we are using
keep implanter grafts cause
no damage



SCAN HERE TO KNOW MORE ABOUT
KEEP IMPLATER TECHNIQUE

TYPES OF GRAFT STORAGE



GRAFT CHILLER

Use of graft chiller technology to maintain specific temperature of grafts as 4-6 degree celsius temperature is ideal and room temperature of 20-25 degree celsius can reduce survival rate of grafts by 1-2% every hour

Key Features

- ✓ Accurately controls tissue temperature
- ✓ Low Temperature tissue storage reduces tissue metabolism
- ✓ Steady temperature control

STORAGE SOLUTION



RL SOLUTION



GROFACTOR

Use of Patented Specific Growth Factors solutions/ Hypothermosol to avoid metabolic damage to the grafts during storage while being implanted one by one back into the skin

NORMAL FUE VS BIG FUE

	NORMAL FUE	BIG FUE
GRAFT COLLECTION	Big holes area made in donor	Micro holes made in donor area
MAXIMUM GRAFT COLLECTION IN 1 DAY	3000-3500 grafts	4000+ grafts
HEALING TIME OF DONOR AREA	7-15 days	3-5 days
NATURAL RESULTS	Moderate	Best natural outcome
SCAR	Leaves small scars	Leave micro scar
PAIN & NUMBNESS	Least painful procedure +++	Less painful, recovers early +
DENSITY	Average density	Highest possible density
FOLLICLE SURVIVAL	90-95%	More than 95%
GROWTH FACTOR FOR STORAGE	Not used	Used





How does hair transplant work?

During hair transplant procedure, hairs are first extracted from the regions of the head that show resistance to baldness. After that, these resistant strands are implanted on the bald patches seen on the scalp. The process works because hair taken from the areas with resistance to baldness will remain resistant to baldness wherever they are placed. Hair transplant gives natural and permanent results.

What is the difference between hair and follicular unit?

Follicular unit or graft refers to a bunch of hair that grows in a group naturally on the scalp. A follicular unit can have 1 to 4 hairs in it. On an average, each follicular unit consists of 2.4 hairs.

When can I go for hair transplant?

When you are suffering from a high rate of hair loss and your scalp has become visible, you can go for hair transplantation after consulting your hair transplant surgeon.

Is your technique different from other hair transplant centre?

We use the most technically advanced method of hair transplant. Instead of using the old punch graft or slit method technique, we perform hair transplant with the help of no touch and root by root techniques

Will people find out that I had a hair transplant?

Some scabs are formed on the scalp after the hair transplant. There will be redness visible on the scalp too. However, scabs and redness will wither away on their own within 7 to 10 days, and after that your hair will look as natural as they could.

Does the procedure hurt?

A majority of patients, who have gone through this procedure, say they felt no discomfort or pain after the procedure. Local anesthesia is used in both donor and recipient sites so that a patient feels no pain during the procedure too.

When will I see the results of a hair transplant?

New hair growth typically starts to become noticeable around 3-4 months after the transplant. It can take 12-18 months or longer to see the full results with maximum length and thickness as the transplanted hairs continue to grow.

Will people find out that I had a hair transplant?

Some scabs are formed on the scalp after the hair transplant. There will be redness visible on the scalp too. However, scabs and redness will wither away on their own within 7 to 10 days, and after that your hair will look as natural as they could.



Implanter Hair Transplant Result



 Watch full video



Basic Hair Transplant Result



Watch full video



Front Area / Grade 2-3 Hair Transplant Result

Patient-1



Patient-2



Patient-3



Grade 3-4 baldness Hair Transplant Result



Watch full video



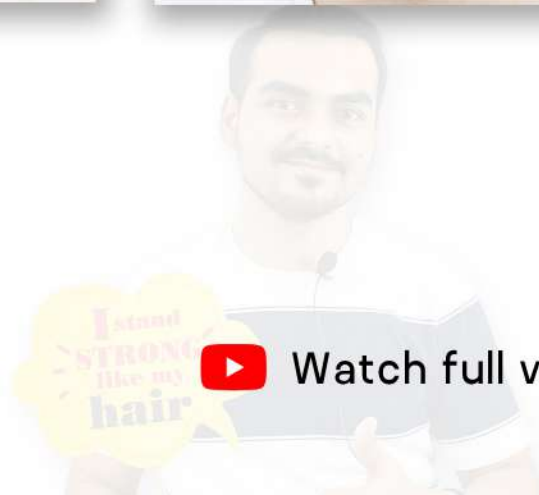
Advance Baldness Hair Transplant Result



 Watch full video



Advanced Hair Transplant Result



Watch full video



Hair Transplant Result



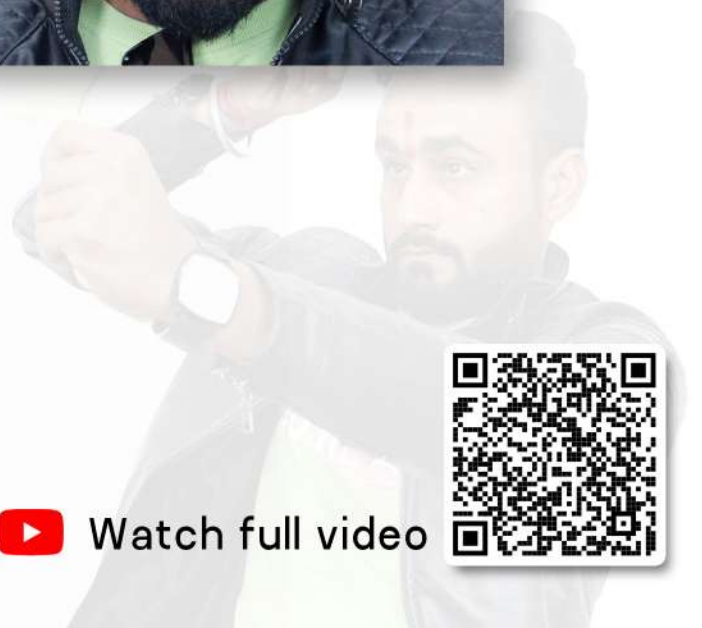
Watch full video



Hair Transplant Result



Big FUE Hair Transplant Result



 Watch full video



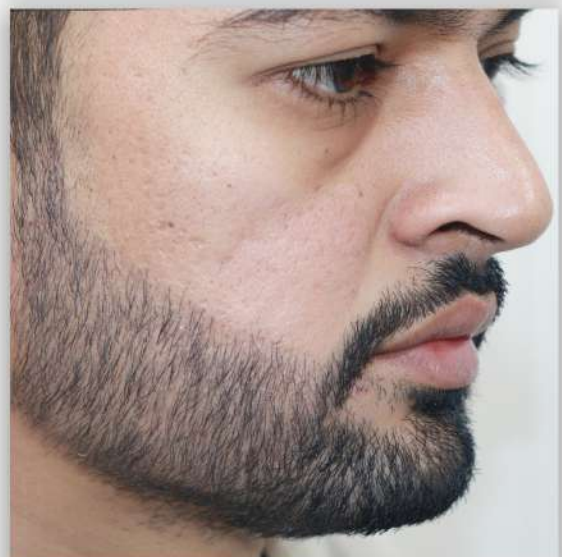
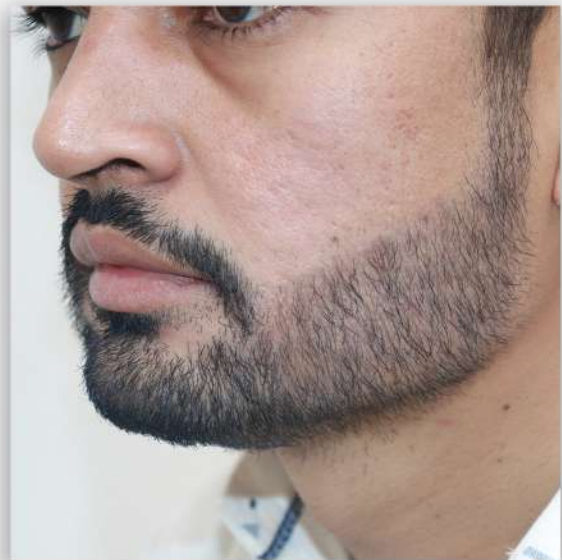
Big FUE Hair Transplant Result



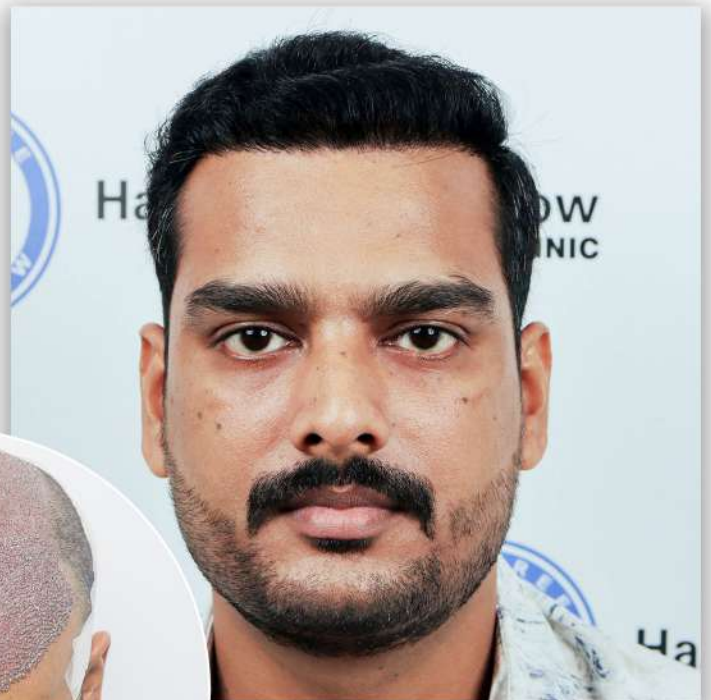
Watch full video



Beard Hair Transplant Result



Hair Transplant Result



Watch full video



Hair Transplant Result



Watch full video



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SHANDILYA

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**Hair Fall Treatment at
Hairfree & Hairgrow Clinic**

VANDANA LALWANI



CELEBRITY FIRST CHOICE

**Hair Fall Treatment at
Hairfree & Hairgrow Clinic**



Watch full video





ROLE OF HAIR OIL

Hair oils can play a role in supporting and promoting healthy hair, which in turn can contribute to better hair growth. However, it's important to understand that while certain hair oils can improve the condition of your hair and scalp, they do not directly stimulate hair follicles to produce more hair or speed up the rate of hair growth. Here's how hair oils can benefit your hair and indirectly support healthy hair growth



Moisturization and Conditioning: Hair oils, such as coconut oil, olive oil, and argan oil, can help moisturize and condition the hair. Dry and brittle hair is more prone to breakage and split ends, which can hinder the appearance of hair growth. Regularly applying hair oil can help maintain the moisture and flexibility of your hair, reducing the risk of damage.



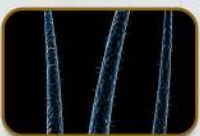
Scalp Health: A healthy scalp is essential for hair growth. Some hair oils, like tea tree oil and jojoba oil, have properties that can help maintain a clean and balanced scalp, reducing issues like dandruff and excess sebum. A well-nourished and clean scalp provides a better environment for hair to grow.



Reducing Hair Loss: Hair oils, especially those containing essential oils like rosemary or lavender, may help in reducing hair loss by strengthening the hair shaft and improving circulation to the hair follicles. While these oils won't make new hair grow, they can help you retain the hair you have.



Protection: Hair oils can provide a protective barrier to shield your hair from environmental damage, such as UV radiation and pollutants. This protection can help prevent damage that might slow down your hair's growth process.



Improved Hair Texture: Regular oil treatments can result in smoother, shinier hair, giving the appearance of better hair growth.

DRY HAIR



Dry hair can be caused by factors, including: nutritional deficiencies, excessive sun exposure, contact with chlorinated water, excessive hair wash, use of styling products and tools, use of harsh hair products.

HOME REMEDIES FOR DRY HAIR

People can use home remedies to treat hair if it becomes dry and brittle. Listed below are different home remedies that can be tried:

USING HOT OILS

Hot oils can be massaged into the scalp and add shine to dry hair.

Olive oil is one of the most popular home remedies for dry hair. Besides olive oil, the following can also be used with good results: coconut oil, and almond oil.



USING GOOD HAIR CARE PRODUCTS SPECIFIC TO YOUR HAIR TYPE

A person may want to try using gentle, sulfate-free shampoos and hair conditioners. Also, they can shampoo less frequently, for example, only once or twice a week.



USING EGG AND MAYONNAISE-BASED MIXTURES

Eggs and mayonnaise contain lots of protein, which helps to fortify and strengthen the hair and restore moisture to brittle or very dry hair.



GREASY HAIR



HOME REMEDIES FOR GREASY HAIR: NATURAL WAYS TO MANAGE OILY HAIR

Some people produce more oil which makes the scalp even more oily, this can be because of multiple reasons such as stress, menstruation, pregnancy or hormonal medication. Greasy hair gives rise to problems such as itchy scalp and dandruff. Here is a list of home remedies that you can use on your scalp to get rid of greasy hair.



LEMON JUICE

Lemon juice works well on greasy hair. Using lemon juice is one of the most effective ways to get rid of greasy hair. Lemon juice is acidic in nature so it works well on greasy hair and it is also a great dandruff buster.



TEA RINSE FOR HAIR

You can use either green tea or black tea leaves to prepare the tea rinse for your oily hair. The tea rinse works well on dull and greasy hair. Caffeine's acidic nature will make your hair shine, and provide volume and strength.





YOGA ASANAS THAT CAN HELP WITH HAIR GROWTH

SARVANGASANA

This asana enhances the blood circulation in your head. Daily head.practice of the pose has a long-lasting effect on your head and is especially beneficial for dry and thin hair.



SIRSASANA

Also known as the headstand, Sirsasana improves blood circulation in the scalp which helps in reducing hair loss, thinning of hair and balding. This asana helps in new hair growth and prevents greying of hair. It helps the dormant hair follicles to reach their maximum growth capacity and thus improve hair growth.

BALASANA

Balasana combats the two biggest factors that cause hair fall: stress and digestive issues. Daily practice of this pose can have & positive impact on both your digestive and mental health, thus cutting down the risk of hair loss considerably.



HABITS THAT CAN DAMAGE YOUR HAIR

Here are few habits that can damage hair.

WASHING YOUR HAIR BY RUBBING SHAMPOO INTO THE LENGTH OF YOUR HAIR.

Gently massage shampoo into your scalp, let it flow through the length of your hair and resist the temptation to rub it into your hair.



SKIPPING THE CONDITIONER

Use conditioner after every shampoo.

DRYING YOUR HAIR BY RUBBING IT WITH A TOWEL

Wrap your hair in a towel to absorb the water. Let your hair air dry.



BRUSHING YOUR HAIR WHILE IT IS WET

Let your hair dry a bit before you gently comb it with a wide-tooth comb.



USING A BLOW DRYER, HOT COMB, OR CURLING IRON

Use the lowest heat setting. Limit the time a hot comb or curling iron touches your hair.



PULLING YOUR HAIR BACK TIGHTLY, SUCH AS IN A PONYTAIL

Wear hair loosely pulled back. Use covered rubber bands made especially for styling hair.



COLORING, PERMING, OR RELAXING YOUR HAIR

Have only one service — a coloring, relaxer, or perm. If you want more than one service, give a gap between two services.



Key Message

Your habits may not be the root cause of your problem. Seeing a dermatologist is especially important if you are concerned about thinning hair or hair loss. Most causes can be stopped or treated. The sooner the problem is addressed, the better will be the outcome.

SUMIT SANGHAMITRA

ACTOR, WRITER & DIRECTOR

CELEBRITY FIRST CHOICE



**Hair Transplant at
Hairfree & Hairgrow Clinic**



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Hair Care Do's

1. WASH YOUR HAIR REGULARLY

Washing your hair regularly ensures that your scalp and hair is free of dirt and excess oil.

2. USE CHEMICAL FREE SHAMPOOS

Lesser the number of chemicals in your shampoo, healthier your hair. Go for gentle shampoos that suit your hair type.

3. CONDITION CORRECTLY

Hair conditioner protects hair from environmental aggressors and heat styling.

4. DRY YOUR HAIR NATURALLY

Air drying or towel drying after shampoo is the best way to go. Never sleep in wet hair or comb wet hair. Harsh rubbing with a towel can damage the cuticle of your hair.

5. OIL YOUR HAIR PROPERLY

Hair oiling and massaging improve blood circulation on the scalp, boost shine and nourish the hair.

6. USE A WIDE-TOOTHED COMB

Wide-toothed comb prevents hair damage.

7. TRIM YOUR HAIR REGULARLY

Trim your hair every 6-8 weeks to get rid of split ends.

8. DRINK MORE WATER

Internal hydration is the key to healthy hair. Drinking at least 3 litres of water everyday ensures good hair health.

9. EAT HEALTHY

Hair needs the right nutrition. Eggs, berries, nuts, fish, green leafy vegetables, sweet potatoes are some of the many great foods for healthy hair.

Hair Care Don'ts

1. HOT SHOWERS

Hot showers strip off the natural oils from your scalp leaving it dry and flaky.

2. STRESS

Stress can cause hair fall and unhealthy hair.

3. CHEMICALS

Chemicals from dying, perming and other hair treatments affect your hair follicles and lead to hair fall.

4. HAIR STYLING PRODUCTS

Straighteners, blow dryers and curlers for prolonged periods changes hair texture, makes hair dry and prone to breakage.

5. SALT WATER HAIR WASH

Avoid chlorinated water in swimming pools.



If you don't take care of your hair, it may stop growing after a point. Slowly, you may start experiencing dandruff, hair fall, dryness and dullness.



Achievements & Awards



Dr. Bharat Shah Award for Best Award Paper in State Level Conference - 2013



Dr. kiran Chotaliya Awarded Lokmat Health Icon 2021 of PCMC by Honorable Maharashtra State Health Minister Dr. Rajesh Tope

WE ARE LOCATED IN

Pimple Gurav (Pune)
Kharadi (Pune)
Andheri West (Mumbai)
Surat
Ahmedabad
Kolkata
Bhopal
Delhi (Gurugram)
Hyderabad
Dhaka (Bangladesh)
Vapi(Silvassa)



PRO TIPS
FOR

Hair care

Hair care is a very important and hygienic routine for both men and women.
Nobody wants to go out with a frizzy, dry and unhealthy hair.

Do's



**Wash Your Hair
Regularly**



**Use Chemical Free
Shampoos**



**Condition Hair
Correctly**



**Dry Your Hair
Naturally**



**Oil Your Hair
Regularly**



**Use A Wide-toothed
Comb**



**Trim Your Hair
Regularly**



**Drink
More Water**



Eat Healthy

Don'ts



**Avoid
Hot Showers**



Avoid Stress



**Avoid Chemicals
for dying and
perming**



**Avoid frequent use of
blow dryers and
curlers**



**Avoid chlorinated
water in swimming
pools**



Consult a Dermatologist

Hair is the crown
we never take off.

Your hair
symbolises health
and personality.

Hair loss is a common condition. It can have several causes, which are sometimes difficult to identify.

To combat hair loss effectively, you must consult a Dermatologist.



Hairfree & Hairgrow
CLINIC

Hairfree & Hairgrow Clinic, legally known as "Hairfree Laser Private Limited," is a top hair transplant clinic in cities like Pimple Gurav (Pune), Kharadi (Pune), Surat, Andheri West (Mumbai), Ahmedabad, Kochi, Kolkata, Indore, Bhopal, Delhi (Gurugram), Vadodara and Vapi(Silvassa), as well as several other prominent cities in India. We focus on providing the best results for our patients through advanced hair transplant techniques. Our primary goal is to ensure the satisfaction of each and every patient.

We began as a reputable institution in Gujarat and Maharashtra, staffed by experienced professionals in Trichology and Dermatology with a minimum of 15 years of experience. Our commitment to staying updated with the latest technologies and techniques in hair transplantation has allowed us to achieve a 100% success rate in these procedures.



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