

Welcome to the Anderson Center for Hair



Congratulations on taking the next step in your hair loss and restoration journey! We're looking forward to working with you.

Your consultation will be a time for us to get to know you, examine your scalp, and discuss any questions you have about the information contained in this packet. We'll also discuss your personal concerns, goals, and formulate a treatment plan.

In order to allow enough time for your doctor to answer all of your questions, please take the time to read the following information *before* your consultation appointment. Please also take the time to write down the questions and concerns you have prior to your consultation appointment.

We look forward to meeting your needs by advancing the art and science of hair restoration.

All the best,

Kenneth Anderson MD

Dr. Ken Anderson, MD, FISHRS
Founder, Anderson Center for Hair



Dr. Ken Anderson



Dr. Daniel Lee



Dr. Jeremy Wetzel

Founded in 2009, Anderson Center for Hair is home to one of the most accomplished hair restoration teams in the United States. The collective experience of our doctors, nurses, and surgical technicians totals over 170 years. Our physicians are recognized experts in the field, all graduates of the American Academy of Hair Restoration Surgery, dedicating their careers exclusively to treating hair loss. Since 2019, we have been ranked every year among the top 25 global hair transplant clinics, as acknowledged by a UK consumer advocacy group, with just 11 of these centers based in the USA.

Hair Loss Basics

Each hair on our heads has its own natural growth and shed cycle. If you are experiencing hair loss, your hairs will appear thinner after each cycle, leading to baldness if left untreated. Hair loss prevention methods involve ongoing intervention, much like daily dental care. Non-surgical treatments aim to slow down or pause hair loss, either on their own or alongside surgery.

What is hair loss?

Hair loss, also known as alopecia, refers to the condition where hair follicles gradually stop producing new hair.

Your hair goes through a natural growth and shed cycle, which consists of three phases: anagen (growth phase), catagen (transitional phase), and telogen (resting phase). Each hair follicle follows this cycle independently and then sheds the old hair, making room for a new hair to begin the cycle again.

Hair loss is different than this normal shedding cycle. It specifically refers to the condition where hair follicles produce a thinner and thinner hair over time, exposing the scalp. Left untreated, this hair thinning worsens and can lead to baldness.

What causes hair loss?

The most common cause of hair loss is androgenetic alopecia, also known as male or female pattern baldness. This form of hair loss is primarily influenced by genetics and hormones.

Other causes include medical conditions, hormonal changes, nutritional deficiencies, stress, and physical trauma to the scalp.

The best way to know what kind of hair loss you're experiencing and what to do to slow or stop the loss is to complete a virtual or in-person consultation with one of our surgeons. During your consultation, your doctor will evaluate your scalp and hair at a microscopic level.

How do I prevent hair loss?

Hair loss is a progressive condition that requires ongoing care and intervention – just like dental decay. Imagine your teeth. They're constantly exposed to factors that can cause cavities, like sugary foods and bacteria. Some people may be lucky enough to brush their teeth just once a day and never develop a cavity. Others brush twice a day, floss, and use mouthwash, yet still find themselves with cavities. This doesn't mean these measures aren't working; rather, it means that everyone's dental health is different, and our susceptibility to decay varies.

Hair loss operates in much the same way. Like teeth, our hair is subject to various factors that can lead to thinning or loss, including genetics, hormonal changes, and environmental factors. Some people might never experience hair loss even without any preventive measures, while others may find themselves needing to use multiple methods, like taking finasteride, using a Low-Level Laser Therapy (LLLT) device, or getting Platelet-Rich Plasma (PRP) treatments, to maintain their hair.

Just as you'll never stop brushing your teeth to prevent dental decay, you shouldn't stop your hair loss prevention routine. Using multiple methods of hair loss prevention increases your chances of maintaining a healthy head of hair for longer.

Every individual is different so it's important to find a combination of methods that suit your needs and stick with them.



Can non-surgical treatment regrow my hair?

The primary goal of our non-surgical options is to slow down or halt the progression of hair loss, while also aiming to promote hair growth to some extent. These treatments are effective in maintaining existing hair, and a minority of patients may experience hair regrowth, although it can take up to a year to notice this regrowth.

When considering your options, it's essential to understand that regrowth should not be the sole objective. If we counted all the hairs on your head on January 1st and then again on December 31st, and you had the same number of hairs, that's a significant achievement. It signifies that we've halted your hair loss. Any regrowth, which may be observed over time, is an added benefit.

Do I still need prevention if I get a hair transplant?

Hair transplantation involves surgically relocating hair follicles from the "permanent zone" at the back or sides of the scalp to areas where you need more. The transplanted hairs are not susceptible to the factors that cause hair loss and will grow thick and full forever, never thinning. (It's like if you relocate an oak tree into a pine forest. It doesn't know it's been moved, and it continues growing as an oak tree.) But all the natural hairs in the areas of balding or thinning will continue to thin.

That's why, if anything, it's even *MORE* important to keep up with hair loss prevention after surgery. You want to keep as much as your natural hair as possible to make sure the hairs implanted surgically always look great.

Questions about prevention? Ask your surgeon for more details during your consultation.

Hair Loss Prevention

Of all the hair loss treatments available, some of the most widely used include minoxidil (Rogaine), other custom prescription topicals, oral finasteride, platelet-rich plasma (PRP) therapy, and low-level laser therapy (LLLT), also known as photobiomodulation. Each method addresses hair loss through distinct mechanisms, offering unique benefits and patient considerations.

Minoxidil (Rogaine) and Topical Medications

At Anderson Center for Hair, we offer customized topical formulations that incorporate multiple ingredients to address individual needs. Our doctors work with a specialized compounding pharmacy in Atlanta to create combinations of medications, specifically tailored for our practice. Our topical solutions include a combination of the following:

- **Minoxidil:** An FDA-approved over-the-counter medication that stimulates hair follicles and promotes hair growth. Suitable for both men and women.
- **Finasteride:** A prescription medication that inhibits the conversion of testosterone to DHT, the hormone responsible for male pattern baldness.
- **Spironolactone:** Typically used for high blood pressure, it has shown effectiveness in treating hair loss in women, especially in cases related to conditions like PCOS.
- **Melatonin:** A hormone that regulates sleep-wake cycles, topical melatonin has shown promising results in promoting hair growth, particularly in the early stages of pattern hair loss.
- **Tretinoin:** Primarily used for acne and skin aging, tretinoin may help promote hair growth when combined with minoxidil by enhancing its absorption into the scalp.
- **Latanoprost:** Originally used for glaucoma treatment, topical latanoprost has shown potential in regrowing hair, particularly in individuals with alopecia areata.

For more information about topical medication options, [click here](#).



Finasteride (Propecia)

Finasteride, also known as Propecia, is a versatile medication for pattern baldness, available in both oral and topical forms. It functions by blocking DHT, a key factor in male hair loss. Notably, using Finasteride topically often reduces the likelihood of side effects, such as sexual dysfunction, compared to oral use. It's important to consult your doctor about its suitability based on your medical history and health profile. They will provide guidance on the benefits and risks, assisting you in making an informed choice regarding finasteride for hair loss treatment. To learn more about Finasteride, [click here](#).

Low-level Laser Therapy (LLLT)

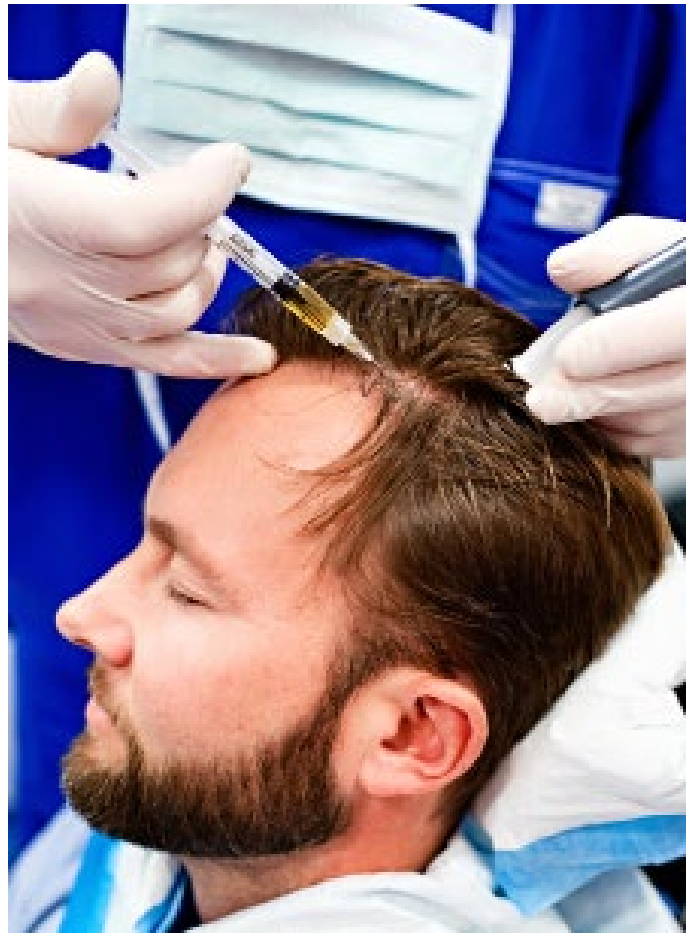
Low-Level Laser Therapy (LLLT) is a non-invasive and safe treatment for hair loss that has been FDA cleared since 2007. It works by utilizing low-level lasers in the red and near-infrared spectrum to stimulate hair follicles.

When you use an LLLT device, the low-level laser light is directed onto your scalp where it is absorbed by the hair follicles. This absorbed light energy increases the cellular metabolism of the hair follicles and their stem cells. Think of it like sending your hairs to the gym for a work out.

Additionally, LLLT also helps to increase scalp vascularity, decrease scalp inflammation, and can prevent or slow the process of your hair turning grey.

There are dozens of low-level laser therapy hair loss devices on the market today. But buyer beware: Some LLLT devices work better than others. We offer multiple LLLT devices, including laser caps with varying numbers of laser diodes, and in-office treatments. Our team can help you choose the best device for your situation.

To learn more about LLLT, [click here](#).



Regenerative Medicine

Platelet-Rich Plasma therapy and exosome injections are non-surgical treatment options available at Anderson Center for Hair. PRP uses the healing power of your own blood's platelets to slow or reduce hair thinning. Platelets contain growth factors and proteins that aid in tissue repair and regeneration. Exosomes are a biotechnology product that is related to stem cell therapy.

Regenerative therapy results can vary among individuals. While some people might see significant hair growth, others may only slow their loss. PRP and exosomes are generally considered safe with minimal side effects, but as with any procedure, it's important to discuss it with your doctor to decide whether it's the right option for you.

Want to take a deeper dive into PRP? [Click here](#).



Hair Restoration Surgery 101

How does hair transplantation work?

Hair restoration surgery is possible thanks to the concept of donor dominance – the ability of hair follicles from the “permanent zone” to maintain their genetic traits even when they are transplanted to a different area of your scalp. This means that when hair follicles are taken from the donor area on the back or sides of your scalp, they keep their original genetic code and continue to grow just as they would in their original location.



How long do the results last?

The hairs implanted during a hair restoration surgery are permanent. These hairs will grow thick and strong forever in properly selected candidates thanks to the concept of donor dominance. However, the overall look achieved from your surgery may change over time due to continued miniaturization of the other hairs in the same area.

Imagine a forest where 100 trees are standing tall, but due to some kind of environmental issue, some of the trees are gradually withering away. To restore the forest's density, you decide to plant 50 new, resilient trees that are immune to the specific issues causing the original trees to wither away.

However, if you don't address the root environmental issues causing the original trees to wither, you'll keep losing more of those original trees. This means that despite your efforts of adding 50 new trees, your forest might end up only having 100 trees in total – the same as your starting count – but now you've spent the money, time, and energy to plant all those trees only to have the same forest density.

Similarly, when you have a hair restoration surgery, you're planting resilient new hairs in areas of thinning. These are the hairs from the donor area that are resistant to the factors causing your hair loss. But if you don't address the root cause of your hair loss, the naturally growing hairs in the recipient area will continue to miniaturize and eventually fall out.

So, even if you've added 50 new hairs to an area of your scalp that originally had 100 hairs, if you lose 50 of the original hairs after the surgery, you're back to the original number of hairs in that area, despite the surgery.

This is why it's so important to treat the root cause of your hair loss. Even with the permanent hair implanted during surgery, preserving the hair you do still have is crucial. Utilizing hair loss prevention tools and therapies like finasteride, minoxidil, and low-level laser therapy (LLLT) can help you maintain the density and fullness achieved through hair restoration surgery. This way, you're not only adding to the forest of hairs on your head but also doing your best to keep the original trees standing strong.

Am I an ideal candidate for surgery?

Not all patients are candidates for a hair restoration surgery. Certain pre-existing medical conditions or disorders of the scalp will prevent an optimal outcome. During your initial consultation one of our expert physicians will review your specific case, including an exam of your scalp, to make sure you're an ideal candidate for any treatment offered.

In addition to medical contraindications, there are other factors that serve as safety guardrails for our patients and surgeons at Anderson Center for Hair:

- **Age:** For frontal hairline restorations, in general patients must be at least 24 years old, and for surgery on the top and back of the head (crown or vertex), patients must be at least 35 years old. Limitations exist on the amount of hair that can be transplanted over a lifetime. If you anticipate needing multiple procedures over time, it's important to allocate resources strategically to ensure our surgeons can create a natural-looking and long-lasting result. While performing hair restoration on younger patients is legally permissible, starting the procedure too early may compromise long-term well-being.
- **Insufficient Donor Hair:** Hair restoration surgery relies on transplanting healthy hair follicles from the donor area to the thinning areas. However, there are cases where there might not be enough donor hair to achieve aesthetically pleasing results that align with your expectations. Our surgeons will provide thoughtful guidance during your consultation, considering both technical possibilities and aesthetic outcomes.
- **Expectations:** It is important to have realistic expectations when considering any cosmetic procedure, including hair restoration surgery. While hair restoration can significantly improve your appearance and self-confidence, it's essential to understand that it may not fully restore the exact hair density or hairline you had during your teenage years. During your consultation, our surgeons will be more than happy to address any questions or concerns you have, ensuring that you have a clear understanding of the achievable outcomes.



Follicular Unit Transplant (FUT)

The “gold standard” in hair restoration

Follicular Unit Transplant (FUT), also known as “strip harvesting” or “linear surgery,” is a long-standing technique in hair restoration that has earned its reputation as the “Gold Standard.” In the FUT procedure, a strip of scalp is painlessly removed from the back of the head, from which individual hair follicles are then carefully harvested, dissected, trimmed, and transplanted to the areas of need. Despite leading to a fine-line linear scar, FUT is renowned for the high quality and volume of grafts it yields. You should speak with your surgeon about your specific case, but if you never plan to wear your hair military-grade short, an FUT procedure remains the preferred method for maximum graft yield.



The Patient Journey

This journey is not just about hair. It's also about self-confidence, transformation, and a life-changing experience. Join us as we follow Southside Steve, a radio personality from Rock 100.5 in Atlanta, GA, on his journey at Anderson Center for Hair.

Steve described his experience as “fabulous” and highly recommends Dr. Anderson and Anderson Center for Hair.

To see Southside Steve's patient journey, [click here](#).

The Benefits of FUT

- **Less Obvious Recovery:** FUT hair transplants require minimal hair trimming compared to FUE, offering a more discreet option. The donor area's longer hair conceals stitches and resulting scar, making it less evident that a transplant has occurred. This method is favored by those with demanding careers who prefer to avoid a buzz cut during the procedure.
- **Cost-Effective:** An FUT procedure does not require a specialized device or robot, so the surgical cost tends to be lower. If you never plan to wear your hair military-grade short and cost is a consideration for you, FUT might be a more budget-friendly choice.
- **Donor Area Preservation:** At Anderson Center for Hair our surgeons use the trichophytic closure, minimizing the visibility of the resulting scar. This allows the remaining donor area to be utilized for future surgeries, if desired. This is important for individuals with limited donor hair, as it ensures that future hair restoration needs can be met without compromising the available resources.
- **Rapid Extraction:** FUT harvesting allows for the efficient extraction of grafts. Once the strip of scalp is removed, the technician team can quickly dissect the follicular units under a microscope. This rapid extraction process and quick turnaround ensures the viability and quality of the grafts, which can contribute to successful hair transplantation and improved results.
- **Best for Curls:** FUT is particularly suitable for patients with tightly curled or coiled hair, as these hair types can be more challenging to extract using FUE. Using the FUT extraction method, follicles can be viewed and dissected from the strip of skin.

Follicular Unit Extraction (FUE)

Best for very short haircuts

Follicular Unit Extraction (FUE) is a method of harvesting hair where individual hair follicles are removed one at a time from the donor area. At Anderson Center for Hair, our doctors are experienced with multiple FUE extraction devices and can tailor an extraction plan depending on the needs of your specific case. These devices include:

- **WAW FUE:** The WAW system, is another semi-automatic device. The key feature of the WAW is its oscillating, rather than rotating, movement during extraction which aims to reduce the risk of torsion damage to the grafts. It requires a high level of expertise for best outcomes, but when used properly, it can provide excellent results with minimal damage to the hair follicles.
- **ARTAS:** In 2013, Anderson Center for Hair was the first practice in Georgia to offer the robotic ARTAS System. The primary advantage of the ARTAS robot is precision and consistency. It uses advanced imaging technology and artificial intelligence to identify and extract hair follicles with incredible accuracy, minimizing damage to the grafts. However, the ARTAS system needs to be able to “see” high contrast between the color of the skin and hair, so it’s not always the right tool for grey or white hair on pale skin or dark hair on dark skin.
- **Neograft:** The Neograft device is a semi-automatic tool for hair transplantation. It is handheld, giving the surgeon control over the extraction process, but it also uses pneumatic pressure to extract the grafts, which can be less traumatic for the follicles. The Neograft still relies on the skill, experience, and stamina of the surgeon for optimal results.

For more information about FUE, [click here](#).

The Benefits of FUE

- **Scar Reduction:** Unlike FUT, which leaves a fine-line linear scar which is hidden by hair in the donor area, FUE leaves dot-like scars that are difficult to see, even on close examination. These scars are scattered across the donor area and can be easily concealed so patients can wear very short hairstyles after recovery – a common limitation of the FUT hair transplant method.
- **Minimally Invasive Approach:** With FUE, the procedure is minimally invasive, leaving only very tiny wounds, and no stitches are used. Instead of removing a strip of scalp and using sutures like in an FUT procedure, individual hair follicles are carefully extracted using a small, punch-like instrument. This approach results in faster healing and less discomfort in the donor area after the surgery.
- **Suitable for Tight Scalps:** If you have a tight scalp, a linear procedure may present challenges. This is common if you’ve had multiple FUT procedures in the past. FUE can be a suitable alternative in such cases, as it does not require the removal of a strip of scalp.



Still have questions about hair restoration surgery? [Click here](#) to view our FAQs page.

To view the before and after gallery, [click here](#).