

## Hair-Care Tips

Use water softener devices if you live in areas with a hard type of groundwater.

Use conditioner after shampoo, as it prevents excess drying of the scalp in winters and dampness in humid monsoons.

Do not use a towel to dry your hair immediately after shower while it is still wet, let your hair dry naturally. Also avoid excessive use of hair dryers.

Cold water/ lukewarm water is ideal for head wash and showers. Overly hot water damages the quality of hair.

Combing wet hair leads to excessive hair loss, as the hair is at its weakest after a shower.

Gentle scalp massage and brushing of hair stimulates the hair follicles and improves the hair quality.

Longer hair needs extra care, well-trimmed hair allows better cleaning of the scalp and is better protected against external damaging factors.

Hair growth is dependent upon good blood flow for nourishment. A balanced diet rich in proteins, vitamins & micronutrients like whole grains, fruits and vegetables, eggs, fish, meat, and dairy products promotes growth of hair.

A good night's sleep, regular exercises, meditation, and yoga helps reduce stress & improves blood circulation which indirectly helps you have denser and long lasting hair.

## Why choose ZHEN ?

At Zhen, Hair transplant is more than just a service; it's a personalized journey towards reclaiming your confidence and full head of hair. Our highly skilled and experienced Plastic surgeons are committed to helping you restoring natural-looking hairlines and density, you've always dreamed of.

Here, we follow international standards of hair transplant, making sure our clients achieve the best results. We have a fully equipped modular operation theatre and state-of-the-art technologies that provide highest level of care for our client's safety.

## OTHER SERVICES WE PROVIDE

**Body Sculpting**

**Aesthetic Face Solution**

**Aesthetic Breast Solution**

**Medspa (Botox, Fillers, Chemical Peels)**

**Skin and Anti-ageing Solutions**

**Aesthetic Gynecology**

# HAIR TRANSPLANT

**FUT**

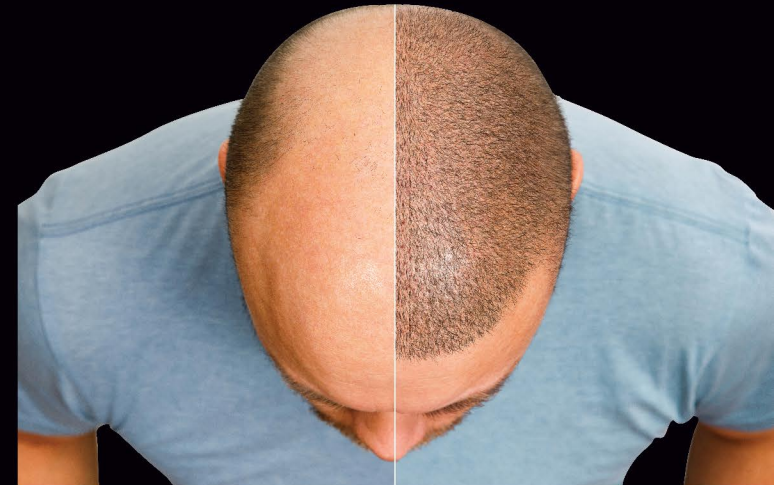
**FUE**

**PRP**

**Bio FUE**

**Beard Transplant**

**Eyebrow Transplant**



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# What are the Reasons for hair loss?

## Most Common

Genetics  
Hormones (5DHT)  
Stress

## Contributing Factors

Nutritional  
Chemotherapy  
Traction (Tight caps, helmets, etc)

# Surgical and Non-Surgical Treatment for Hair Loss

## Medicines

### Platelet Rich Plasma (PRP) / Mesotherapy

Stops hair fall  
Helps support new hair growth  
Improves quality of existing hair

### Hair Transplant : FUE/FUT/Bio FUE

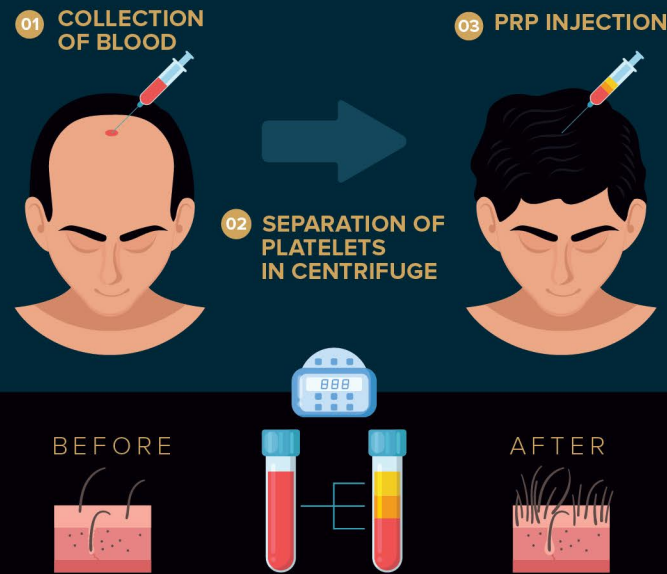
# What is Hair Transplant?

Redistributing existing hair from any part of the body (Mainly Scalp) to the desired area suffering from hair loss, done under local anaesthesia, while the patient is conscious.

Patient discharged on the same day: no overnight hospitalisation required.

Transplanted hair takes up to 6 months to finally settle in and start growing naturally.

The results are long lasting with proper care.



# How does PRP work?

Platelet Rich Plasma is your own blood component which is hyper-concentrated using sophisticated centrifuge and cell separators, which is injected in the scalp.

The blood is placed Separata It is full of growth factors which act like fertiliser for both your existing hair and newly implanted hair.

Human hair undergoes a series of events during its life-cycle namely anagen, catagen and telogenphase. It is during the Catagen phase that the hair starts detaching from its root and finally sheds away in the Telogen phase.

At any given point of time, approximately 5-10% of hair is in Cataqen or Telogen phase, which means that the density you see in your scalp is not your full potential. PRP accelerates the hair growth cycle to restart the anagen phase and let your existing hair grow which are otherwise lying dormant in the scalp.



# Why should you consider Hair transplant?

It uses hair follicles from the back of the scalp that are genetically resistant to DHT. DHT or Di-Hydro Testosterone is responsible for male pattern baldness.

It is permanent and the hair grows naturally. The results are long lasting.

The hairline design and planned density of hair involves client participation and can be structured as per their expectations, while being realistic.

It is a day-care procedure. which means you don't need to be hospitalised overnight.

No bed rest required after the procedure, so you can start with your daily activities from the very next day.

A head full of hair and a natural hairine helps you regain your self-confidence.

Get rid of artificial methods ike hair weave, wigs and patches that need extra efforts to maintain & prevent SoCially embarrassing situations in your day-to-day life.