

# Hair Restoration Guide

[www.greathairtransplants.com](http://www.greathairtransplants.com)

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# Welcome

I wanted to personally thank you for inquiring about my state of the art hair restoration clinics. I hope you find the enclosed literature informative and worthwhile. Since I began practicing in 1997, I have specialized only in hair restoration providing natural results, utilizing proven surgical procedures and advanced artistic techniques. I have practiced surgical and medical hair restoration for over 15 years and performed over 5,000 procedures. It is all I do, and it is all my staff does. I stand behind my work and I guarantee a successful outcome.

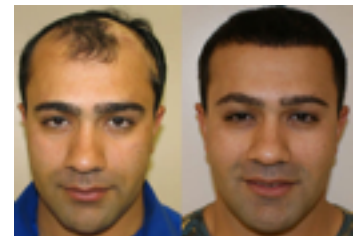
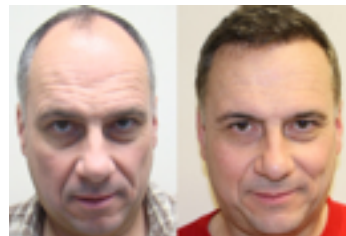
## **WE DO THINGS DIFFERENTLY! MAXHARVEST™**

The most commonly performed hair transplant techniques used today are called “follicular unit transplantation” and “follicular unit extraction”. These transplant procedures move micro grafts (one hair) and follicular units (2-3 hairs) from the back of the head into the thinning or balding areas on the top of the head. Many hair transplant physicians feel that this is the only way to perform a procedure. I could not disagree more! I have developed a new hair restoration technique that is being utilized globally.

My **MAXHARVEST™** procedure includes multiple follicular unit grafts also known as Bolton Bundles consisting of two to three follicular units (5-8 hairs); however it is still a slit graft. When artistically placed with micro grafts and follicular units, the transplanted hair blends into a natural pattern that makes it indistinguishable from the existing hairline. **MAXHARVEST™** provides the patient with the most natural appearance and the greatest density per procedure versus micro and follicular unit grafting.

The benefit of the **MAXHARVEST™** procedure to the patient is that more hair can be transplanted per procedure meaning fewer procedures are needed to reach a patient's hair restoration goal. You should know that I am a two-time hair transplant recipient which gives me a unique perspective. I have compassion for patients and understand how they feel about hair loss and surgical hair restoration. Simply put, you need a hair transplant specialist, not just a surgeon who does hair transplants.

My staff and I are committed to providing you with the information and expertise necessary to choose the appropriate transplant procedure with the results you desire. **Thank you for considering our professional services, and we genuinely look forward to hearing from you.**



### VALUE & QUALITY

Unlike many other surgeons, Dr. Bolton moves the **MOST** possible amount of hair in **ONLY ONE** session giving you unparalleled natural results at a better value.

### EXCLUSIVE ATTENTION

**YOU** are the **ONLY** case. All attention from the physician and staff is focused solely upon you.

### SATISFIED PATIENTS

You can speak to an unlimited number of **SATISFIED** patients and even meet them in person.



# Meet Dr. Bolton

WE ARE ALL HERE FOR YOU

Dr. Brett Bolton's story begins in the Midwestern metropolis of Detroit, Michigan when he was born to his parents, Dr. and Mrs. Alan Bolton. Growing up in West Bloomfield with his brothers Carey and David and his sister Robin, Brett was inspired and influenced by the tireless commitment and dedication of his father who is an Obstetrician Gynecologist. Because he idolized his father, a man who delivered 25-30 babies a month, Brett enthusiastically embraced the idea that he would one day become a doctor just like his father. Brett often jokes that if his father had been a garbage man, he would also be a garbage man. Luckily for **his future patients, his destiny was a career in medicine where he would someday change a countless number of lives** with his natural God-given skills and talents.

Dr. Brett Bolton began his formal education in East Lansing, Michigan at Michigan State University where he got his Bachelor of Science degree. After that he obtained his Doctorate in Osteopathic Medicine at Des Moines University in Des Moines, Iowa. A bit of fate and a family vacation to South Florida as a young boy inspired him to choose Palmetto General Hospital in sunny Hialeah, Florida as the location of his postgraduate training.

It was 1997 when he began to work for PAI Medical Group in Nashville, Tennessee, that was part of an international hair transplant company with several locations throughout Canada and the US. As part of his training, he had the opportunity to travel to different clinics throughout the continent. Because the art of hair transplantation was still being defined, every doctor seemed to have a different methodology. **Like a sponge,**

**he absorbed different techniques in order to define his own approach.** That is how he blazed a new trail and developed an unparalleled technique called the MAXHARVEST hair transplant. As a part of this pioneering technique, he incorporates the use of Multiple Follicular Unit Grafts also known as Bolton Bundles and an UNDETECTABLE SCAR. The result is a softer more natural result and hair density that is unrivaled.

His diversion from the mainstream hair transplant industry took place as a result of his desire to help people in a significant way to get the best possible life changing results in a single affordable surgery. Not driven by financial gain, Dr. Bolton's unique vision was for his patients to get more hair with fewer surgeries. It meant less money in his own pocket but a better overall result for his patients.

Dr. Bolton remained at PAI Medical Group for 15 years until he opened his own state-of-the-art hair restoration facility in Nashville, Tennessee. In tandem, because of his love for the sunny climate of South Florida he also has: a practice in the warm beachfront community of Fort Lauderdale, Florida. The devotion and loyalty of his skilled staff is unprecedented and both practices continue to flourish due to referrals from devoted satisfied patients. Although he'd be the last to point it out, Dr. Bolton's continued generosity, humanitarianism and commitment to helping people both medically and practically is noteworthy. He continues to practice in both Tennessee and South Florida where **he enjoys caring for hair transplant patients here in the United States and around the world.**



# Q&A

COMMONLY ASKED QUESTIONS

## HOW MANY SURGERIES WILL I NEED?

This is probably the most common question that I receive. I tell all of my patients the same thing. Every time we perform a surgery on any patient (no matter what the size of the case is), we place the grafts as close as possible without compromising their success rate. When the grafts are placed too close to each other, they compete for the blood supply and their success rate diminishes. For this reason, I tell my patients that if there is no hair in the area we are working on and you are hoping for a result that looks equivalent to the sides, plan on two surgeries. Potentially, you may even want to do more depending on the density you desire. This does not mean that you ever have to do more than the one procedure. However, I just want to make sure that everybody understands that it is not necessarily a one time shot. You may want to add to it at some point down the road. If the area currently has hair then that will obviously affect the density and change the number of surgeries needed. Although the majority of my patients only have one surgery, there are some who opt for even more density. Because everyone's expectations are different, I never know which patient is going to be satisfied with one procedure or choose to have more.

## WHY DID I LOSE MY HAIR? HOW CAN I PREVENT MY HAIR LOSS?

As males age, there is a hormone conversion that causes testosterone in the body to turn into DHT. When this conversion affects the receptors on the scalp it causes sebum (mucous deposit) to build up. This sebum build up miniaturizes the hair follicle and eventually prevents it from growing. When we do a hair transplant, we take the hair from the back of the head. This hair is genetically pre-programmed not to be sensitive to the same conversion that is destroying the hair on the top of the head. So we take the good hair from the back of the head and put it on the top of the head where the blood supply is good and it grows normally. This hair will stay where it is placed for as long as it is genetically programmed to stay, which in most cases is permanent. There are currently three FDA approved treatments to help prevent future hair loss: Propecia, Rogaine and the laser comb. Propecia inhibits the conversion of testosterone from turning into DHT. It has the highest efficacy and it is taken orally. Rogaine is a topical vasodilator, meaning it is opening up the vessels allowing more substances to go where they need to go for optimal growing conditions. Lastly, the laser comb is a brush like apparatus that you put over your head three times a week 20-30 minutes at a time. This stimulates blood flow and frees up the sebum to prevent future hair loss. Propecia in my opinion is the best option, and should be taken indefinitely in order to keep the most hair possible. You can use all of them if you choose, however if you are only going to use one, then my advice is to take Propecia.

### ELITE TECHNICIANS

Dr. Bolton has used the same staff for many years. Dr. Bolton's elite technicians work together as a team in the truest sense of the word with utmost efficiency which is a real advantage to Dr. Bolton's patients.

### CORRECTIVE CASES

Your unnatural hairline can be transformed with Dr. Brett Bolton. One simple surgery can correct your undesirable previous hair transplant surgery and get you back to normalcy.

### SMOKING

If you are a smoker and plan to get a hair transplant in the near future, it might be in your best interest to think twice about smoking before and after your surgery.



# Preventive Treatment

FDA APPROVED

Great Hair Transplants recommends all 3 of the **FDA approved** preventative treatment products that are on the market today. These are Propecia, Rogaine and the laser comb. All 3 products work differently and effectively. These are the best current products out on the market to help prevent future hair loss. These products are not meant to grow your hair back. Once your hair is gone, it is gone. If however, you are able to catch the hair in the early miniaturization phase, you very well may be able to help revive that miniaturized hair back to its normal state. Do not count on this. This is just a bonus if you get it. **You can use all 3 products for optimal results.** If you decide to only use one, it should be Propecia, because it is the most effective, cost efficient and easiest to take. It is a pill taken once a day. Propecia is not FDA approved for females.

A hair saved is a hair that does not have to be transplanted. **It is to your advantage to hold onto as much of your own hair as possible.** The more of your own natural hair you keep, the less we have to do for you! This is going to save you time, money and aggravation. It is to your advantage to do your part to hold onto your own existing hair. That is why these products are so important!

The purpose of these products is to prevent future hair loss, not to grow your hair. Some GHT patients have been known to discontinue usage because they don't see any change. GHT's answer is always the same, "No change is what we're looking for. We want you to keep the existing hair and lock in whatever we can because the more hair you keep, the less hair we have to restore for you." If you stop using any of the FDA approved preventative hair care treatments you will lose all of the benefits you have attained thus far.

For example, a 35 year-old man starts using Rogaine, a laser comb or Propecia consistently. He decides at 45 to stop using the preventative treatments. Genetically he was programmed to lose his hair at 40. If you were genetically preprogrammed to go bald at 40, once you stop using it at 45, you will go right back to where you genetically would have been at 40. You are using these products to help prevent future hair loss. Even if you use all 3 products you can still lose your hair, if you are genetically preprogrammed to lose your hair outside of the area where the medications are able to help you. **Everybody is different and will respond differently to these products.** Remember, the more options you choose, the better your chances are to protect and keep the hair you have.

## EXERCISE

Dr. Bolton advises no heavy lifting (above 15 pounds) 7-10 days. After surgery no weightlifting until one day after suture removal. Walking is OK, but nothing more than a brisk walk.

## DIET & SUPPLEMENTS

No dietary restrictions are necessary pre or post operative. You may begin taking multivitamins, vitamin e, protein bars 7-10 days after your surgery.

## PROPECIA

Based on a photographic assessment by an expert panel of dermatologists following 5 years of clinical studies, most men in the clinical studies saw results 3 to 12 months after starting PROPECIA.



# Treatment Info

OPTIMAL RESULTS

**Laser Comb:** The laser comb is beneficial in helping to maintain your existing hair. The laser comb works by stimulating the blood flow and bringing more oxygen, minerals and nutrients to the area of your scalp susceptible to genetic hair loss. This will help to create a healthy environment for the hairs to grow. The laser comb is a wonderful adjunct in helping to prevent future hair loss.

**How to use the laser comb:** The laser comb needs to be used a minimum of three times a week for at least 20-30 minutes at a time. Each laser comb is different and will have different directions for use. Please follow the directions of your particular laser comb closely.

**Propecia:** Propecia works by keeping the testosterone in your body from converting into DHT. DHT causes a mucous secretion called sebum to build up on the surface of the scalp. This sebum build up will then miniaturize the hair follicle and then will eventually keep the hair from making its way through the surface of the skin. The body will eventually treat the hair follicle as a foreign substance and destroy it. Propecia helps prevent this conversion from taking place helping you to maintain more of your existing hair.

**How to take Propecia:** New users start off with 1 tablet every other day for the first month. As long as there are no side effects you are to take one pill a day thereafter. Less than 2% of patients will experience a decreased sexual libido. Half of those patients will regain it within 6 months as long as they stay on the medication. The other half will regain their libido once they discontinue the medication. Please contact GHT if you experience any side effects attributed from Propecia.

**Rogaine:** Rogaine is now generic and the key ingredient you are looking for is Minoxidil. Minoxidil is a vasodilator. Minoxidil will help to open up the blood vessels on your scalp. This will then bring more oxygen, minerals and nutrients to the area of your scalp susceptible to genetic hair loss. This in turn will help to create a healthy environment for the hairs to grow.

**How to use Rogaine:** It comes in 2 formulations, 2% or 5%. It is best to start with the 2% to ensure you don't have any reaction to the medication. If you are starting Rogaine for the very first time you will need to consult with your primary care physician if you have high blood pressure or heart disease. First time users will start off with the 2% Rogaine. Rogaine comes as either a spray or in liquid form that you can just pour on with a droplet (eye drop). We recommend that you use the spray. You will start off using the 2% minoxidil for one month. You apply it 2 times a day, once in the morning, after your shower or if you're not showering, just apply in the morning. In the evening before you go to bed, you will apply it again. It is extremely important to be consistent with using this product and any other preventative hair care products. If there is no reaction, meaning that you don't have any unusual redness, large amounts of ingrown hairs, or flaky skin, you may increase the dosage to the 5% and continue following the regiment indefinitely.

## TREATMENTS

All three treatments can be continued indefinitely in order to keep your existing hair.

## CHOOSING ONE

If you choose only one preventive treatment, Dr. Bolton advises that Propecia is your best option.

## DID YOU KNOW?

Most hair loss in men is inherited. It can come from mom, dad, or both parents.





# Pioneering The Latest Technology

DR.BOLTON'S MAXHARVEST™

The **MAXHARVEST™** Hair Transplant is a specialized hair restoration surgery developed by Dr. Brett Bolton which incorporates a distinctive harvesting technique that safely extracts the maximum number of hairs possible based on the individual's scalp elasticity and donor area condition. Unlike all other conventional hair transplant procedures, this unparalleled formula insures that each patient has the best opportunity to yield maximum results based on their individual variables in just **ONE PROCEDURE!**

## The MaxHarvest™ Hair Transplant Procedure



### ONE PROCEDURE RESULTS

It takes one year for a final result but Dr. Bolton's patients are getting remarkable results in just 5 short months. This is a result of Dr. Bolton's **Maxharvest™** technique and his proprietary use of The "Bolton Bundles". You won't see these results or this method used anywhere else in the world.

### THE MOST HAIR POSSIBLE

With the **MAXHARVEST™** procedure, Dr. Bolton extracts the most donor tissue possible based on the elasticity of the scalp. This means a whopping 6,000 to 8,000 hairs for patients.

### LESS TRANSECTION

Popular FUE procedures often transect the bulb of the follicle during extraction. With the **MAXHARVEST™** technique, follicles can be carefully separated under magnification which prevents damage to each and every hair.

### MORE RESILIENT

When compared to FUE, **MAXHARVEST™** takes only 1/2 hour to harvest meaning less surgery time and less time for that delicate tissue to sit 'on the table'. An FUE can take up to two full days.

### FASTER SURGERY

Less harvest time means a faster surgery. A faster surgery means a well rested staff, healthier tissue, less anesthesia and swelling for the patient, and less discomfort to the patient.



# Undetectable Scar

ADVANCED TECHNOLOGY

Good luck seeing the donor scar. Initially you will need at least one inch of hair to hide the donor line. If you keep your hair at minimum 1 inch no one will see your suture line even immediately after surgery. In the future scars continue to heal for up to one year after surgery. You may be able to lower your hair to half an inch or less depending on how you heal and the type of hair you have. **There are many examples of images and patient videos show casing Dr. Bolton's undetectable scar on our website at [www.greathairtransplants.com](http://www.greathairtransplants.com).**



Dr. Bolton uses a Redfield Infrared Coagulator which is a special cautery machine that uses infrared light technology to seal vessels and control bleeding without causing surrounding structural damage to the skin or follicles. A regular cauterization machine alone can cause burning of the skin and destruction of the hair follicles which affects the overall outcome of the scar and transplant.

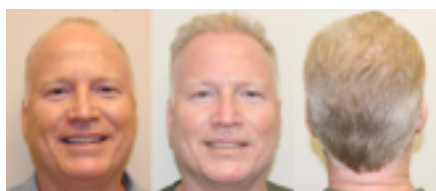
By choosing to use an infrared coagulator, **Dr. Bolton ensures the very best closures** for his patients by keeping the surrounding tissues and vessels in tact which makes a huge difference in the success of a better closure of the wound edges.

If you're looking for a good hair transplant surgeon be sure to find out what technology is being used in their facility. An insightful decision based on a thorough comparative look could mean **the difference between a mediocre outcome or outstanding results.**

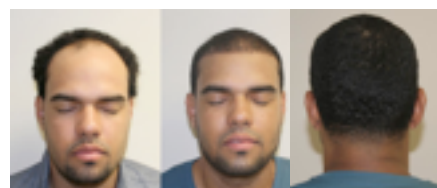
## ONE PROCEDURE RESULTS



Juan only had **ONE MAXHARVEST** hair transplant procedure. No one would ever think he had a problem with hair loss. Juan is one of many examples of Dr. Bolton's undetectable suture line.



Ed went from bald to young again in a life changing 4 short hours. He **still has 5 or more months of growth** to go!



Nestor is **ONLY 4 MONTHS** into his new hair transplant and he already looks 10 years younger!

### CUSTOM FACILITY

Our hair transplant facilities are designed for hair transplants **ONLY** giving you superior results and optimal comfort.

### EXCEPTIONAL TECHNOLOGY

All grafts are dissected and placed under magnification.

### PATIENT REFERENCES

You can speak to an unlimited number of satisfied patients and even meet them in person! Request our patient referral via email or phone.





# A Lesson About Counting Grafts

WHICH EXAMPLE GIVES YOU MORE HAIR

## WHICH EXAMPLE GIVES YOU MORE HAIR? IT'S SIMPLE MATH. COUNT THE "HAIRS"

4 Grafts?

micrografts  
(4 HAIRS)

2 Grafts?

follicular units  
(4 HAIRS)

1 Graft?

multiple follicular unit  
(4 HAIRS)

**ANSWER | ALL 3 EXAMPLES GIVE YOU THE SAME AMOUNT OF HAIR.**

### COMBINING GRAFT SIZES

- Micrografts or single hair grafts insure a natural look in the frontal hairline and fill in spaces throughout.
- Follicular units are used in the vertex and crown.
- Multiple follicular units behind the hairline are the secret to more density, better follicle health and more natural placement of hairs in their naturally occurring pattern.

### HOW MANY HAIRS ARE IN YOUR GRAFTS?

If doctors charge by the graft, this should be an important question. Some doctors give you a large number of one hair grafts. Less hair per graft means less hair for you, more surgeries and a higher overall cost. **You can have MORE hair without sacrificing density or naturalness.**

TIP

### ASK YOUR DOCTOR

How much donor tissue am I getting?  
There are an average of 200 hairs per square centimeter of donor tissue.

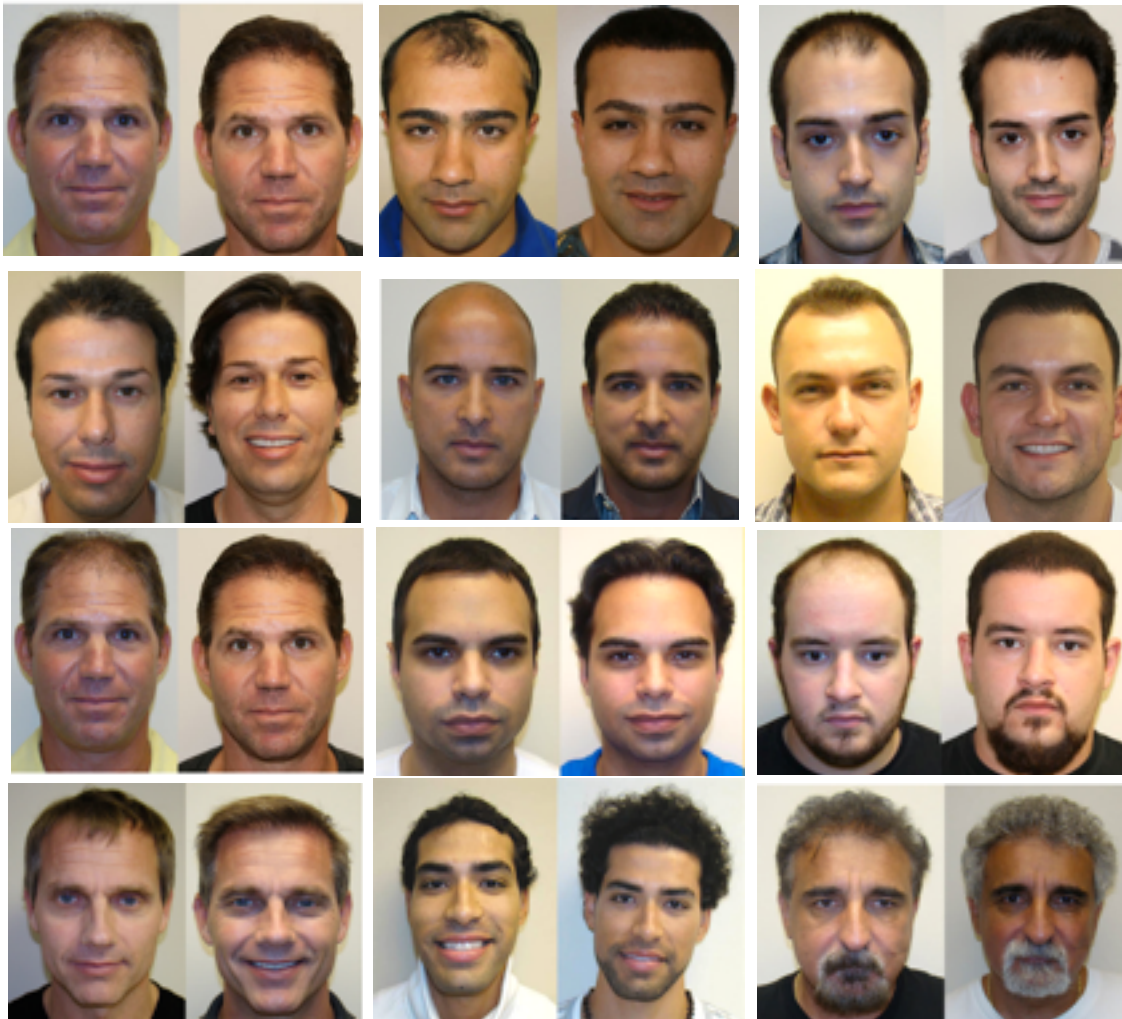


# Patient Referral

DR. BOLTON'S MAXHARVEST

**Our patients are our best referrals.** Speaking with actual patients about the process and their results is the fastest and most effective way for you to determine that Dr. Brett Bolton is the hair surgeon for you! Our patient referrals are highly important to us. These are men who have been through the process and can help you step by step know what to expect. Dr. Brett Bolton offers the best hair transplants on the market with optimal density. Our patients are so happy with their results you can speak to them yourself! **Request our patient referral list today!**

## ONE PROCEDURE RESULTS



## ONE PROCEDURE RESULTS

### THE HEALING PROCESS

On our website we have an endless number of examples documented through photos and videos. You can view them at our website [www.greathairtransplants.com](http://www.greathairtransplants.com)

### GROWTH PROCESS

The growth process can take up to one full year to see the maximum results from the procedure. Most patients begin to see extensive growth between 4-6 months.

### UNLIMITED FOLLOW UP CARE

You'll receive exceptional post operative attention at no additional charge.



# Pre Operative

## BEFORE SURGERY

**Congratulations** on your upcoming hair transplant session! We are excited about your new transition and look forward to helping you every step of the way. Please carefully read the instructions below, and contact us if you have any questions.

### 4 WEEKS BEFORE YOUR PROCEDURE

- Avoid a haircut. Hair should be kept at least an inch long at the donor area (back of the head).
- Avoid ALL tobacco products! Tobacco products compromise the healing process decreasing the amount of oxygen to newly transplanted grafts. This can result in bad healing.

### 3 WEEKS BEFORE YOUR PROCEDURE

- STOP using Minoxidil or Rogaine (to minimize bleeding).
- Eliminate Vitamin E supplements (to minimize bleeding).
- Eliminate multivitamins.
- Eliminate any supplements containing Gingo Biloba and Ginseng (to minimize bleeding).
- Eliminate protein shakes and protein bars (most contain vitamin E).

### 11 DAYS BEFORE YOUR PROCEDURE

- Do NOT take Aspirin (ASA) or drugs containing Aspirin. Tylenol may be used.

### 24 HOURS PRIOR TO YOUR PROCEDURE

- Do NOT drink protein shakes, alcohol, wine, or beer.

### THE NIGHT BEFORE YOUR PROCEDURE

- Wash your hair well with HIBICLEANSE (or regular shampoo if not given Hibicleanse).

### THE DAY OF YOUR PROCEDURE

- Wash hair well twice the morning of your procedure with HIBICLEANSE (or regular shampoo if not given HIBICLEANSE).
- Do not wear any mousse or hairspray.
- Have a regular breakfast and lunch (to minimize any chance of stomach queasiness).
- Avoid wearing clothing that needs to be pulled over your head. A button down is preferred.
- As you will receive a mild tranquilizer before surgery, you should not drive your own car afterwards.

### PREPARING FOR SURGERY

Dr. Bolton recommends buying a neck pillow for post-surgical comfort. Neck (AIRLINE) pillows can be purchased at Walgreens for less than \$10. It is also recommended you buy a moisturizing shampoo and conditioner. (Dr. Bolton recommends Dove).

### CLOTHING

A button down t-shirt is preferred. Please dress comfortably and avoid wearing clothing that needs to be pulled over your head.

### POST OPERATIVE CARE

A full post operative guide will be provided to you after your procedure.





# Pre Operative Checklist

BEFORE SURGERY



## TRAVEL PILLOW

Dr. Bolton recommends buying a neck pillow for post- surgical comfort. Neck (AIRLINE) pillows can be purchased at Walgreens for less than \$10.00.



## CLOTHING

A button down t-shirt is preferred. Please dress comfortably and avoid wearing clothing that needs to be pulled over your head.



## HAIR CARE PRODUCT

Please buy a moisturizing shampoo and conditioner. (Dr. Bolton recommends Dove).



PLEASE BE ADVISED THAT ON THE DAY OF YOUR PROCEDURE, IF YOU OPT TO HAVE A MILD SEDATIVE, BY LAW, WE CANNOT LET YOU DRIVE! PLEASE HAVE ALTERNATIVE TRANSPORTATION PLANNED OR LET US KNOW AHEAD OF TIME SO WE CAN CALL A TAXI.