



20+

Years Hair
Transplant Experience

3100+

Hair Transplant
Surgeries

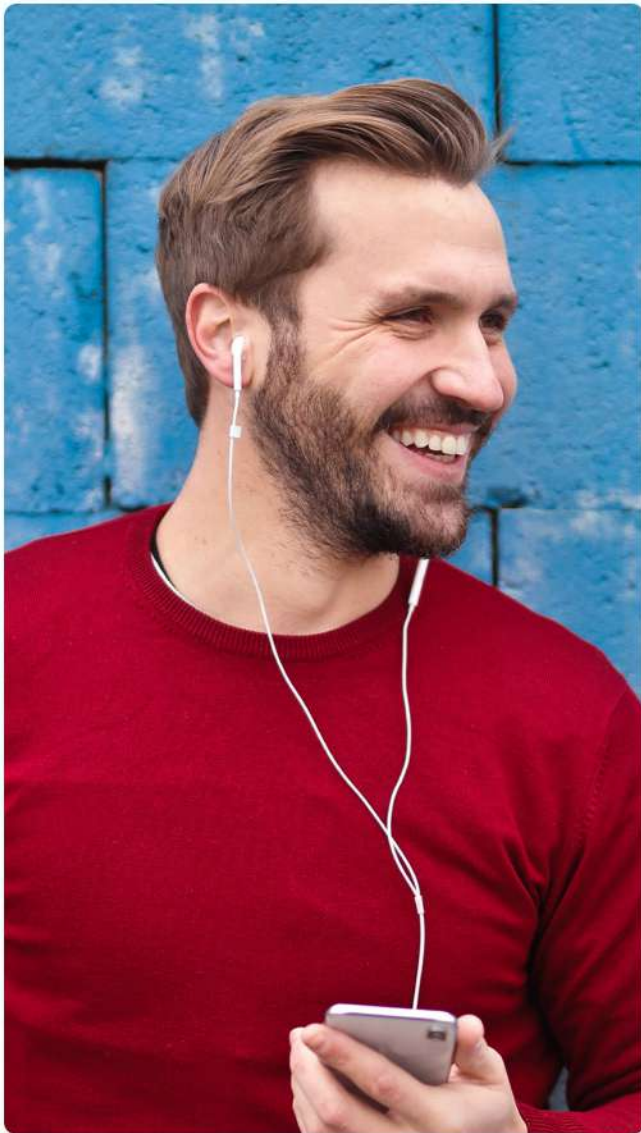
6+

Million Natural
Follicular Units



**HAIR TRANSPLANTS
DONE RIGHT THE
FIRST TIME**

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HAIR YOU LOVE. CONFIDENCE YOU FEEL



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- In the US, 35 million men and 21 million women suffer from hair loss;
- Most people lose 50-100 hairs per day;
- The average human scalp has 100,000 to 150,000 hair follicles;
- 50% of your hair (in a given area) is gone before it becomes noticeable;
- Hair grows at a rate of about half an inch per month;
- You have about 80-85 hair follicles per square centimeter;
- Each hair grows for about 4-7 years before being shed;
- Most hair transplant procedures consist of 1,000 to 3,500 follicles being placed.

Understanding Hair Loss

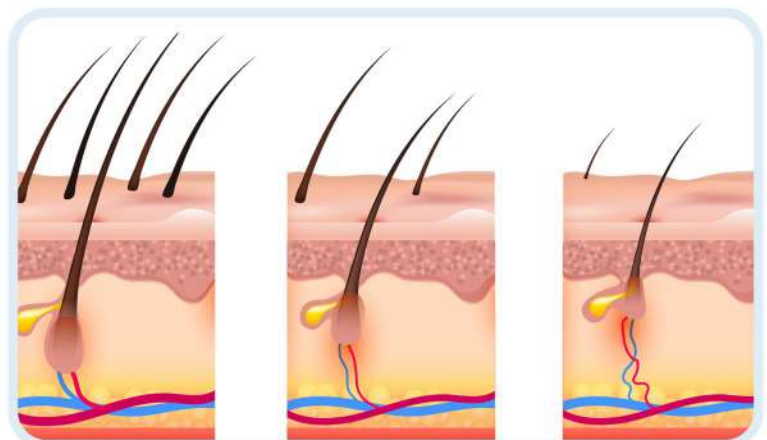
? What causes hair loss?

Here are a few of the most common causes:

- Men and women can experience pattern baldness or common balding (androgenetic alopecia);
- Thyroid disease, anemia, protein deficiency, secondary syphilis, chemotherapy, and low vitamin levels may cause hair loss;
- Alopecia areata is a type of hair loss produced by the autoimmune destruction of hair follicles in localized areas of the skin;
- Hair pulling and excessive hair styling;

There are many types of hair loss, which means finding the root cause can be quite difficult. The medical term for hair loss is 'alopecia'.

Most hair loss is not associated with disease (systemic or internal). Diet is also not a common factor in hair loss. Hair can simply thin as a result of predetermined genetic factors and the general aging process. Many people notice mild thinning of their hair starting in their 30s and 40s. Life events such as illness, protein deprivation (during dieting), emotional trauma, and hormonal changes like those in pregnancy, puberty and menopause can all cause hair loss.



HAIR LOSS SCHEME



Why My Hair Transplant MD



We've completed over 3,100 hair transplant procedures



We've placed over 6.5 Million natural follicular units (grafts)



Dr. Garbutt has over 20 years of hair transplant experience

Here are some other reasons why you should consider My Hair Transplant MD:

- We've specialized in hair restoration, exclusively, since 1998;
- We aren't a plastic surgery, dermatology or cosmetic group doing this as a side business;
- Hair restoration is all we do, day in and day out;
- We offer both FUE and FUT/Strip hair restoration methods;
- We house experienced staff (not outside contractors); our surgery team has been together for nearly 20 years
- Many companies will quote you a "per hair" cost vs. a "per graft" cost:
 - they will often split natural grafts into multiple hairs and charge you accordingly (which is deceitful);
 - we place the natural follicular unit, which may consist of 1-4 individual hairs, but charge you for one graft.
- We feature more before and after pictures than competitors;
- You won't find better results at any price;
- Receive treatment recommendations in writing with long-range planning;
- Affordable fees based on a long-term treatment plan, not merely a single surgery that may give you coverage;
- To craft your treatment plan, we use all three modalities: *Scientific *Mathematic *Artistic;
- We define, map and calculate your hair loss area, how much hair has been lost, then we calculate treatment;
- We offer 100% no interest financing (OAC); plus other financing options for longer terms and competitive interest rates.

We are one of the leading hair transplant centers in the country. We only do hair transplants; both the FUE and FUT / Strip Method procedures.

We are also one of the most affordable solutions for the quality of our staff and the experience of our Doctor. We are located in beautiful North County San Diego. We intentionally moved our location to an affordable area so that we can keep our overhead low...and pass those savings on to our patients. You'll see lots of hair transplant practices in exclusive areas (with high rents), very high overhead, and massive marketing budgets... and they pass those costs on to you. We've eliminated a lot of those expenses so that we can offer you the highest quality procedure at an affordable rate.



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About Dr. Garbutt



EDUCATION AND TRAINING

Dr. Garbutt's experience in the field of hair transplant surgery evolved naturally from his extensive training in the delicate surgery of the upper face.

- Harvard University – B.A. Phi Beta Kappa;
- University of California, San Francisco – M.D.;
- University of California, Los Angeles:
 - Medical Internship and Residency (1984 – 1986);
 - Ophthalmology Residency (1986 – 1989);
- Visiting Assistant Professor, Jules Stein Eye Institute (1992 – 1993);
 - Eyelid Plastic and Reconstructive Surgery;
- National Board of Medical Examiners Certificate (1985);
- Fellow, American Academy of Ophthalmology (1991);
- International Society of Hair Restoration Surgery, Member (1994);
- Fellow, American Academy of Cosmetic Surgery (1994);
- Scalp-Lifting Course Certification, American Academy of Cosmetic Surgery (1994).

After his residency, Dr. Garbutt specialized in cosmetic and reconstructive surgery of the eyelids, eye sockets, and upper face, fulfilling a fellowship and becoming a visiting assistant professor at the University of California, Los Angeles Medical Center.

During this period, Dr. Garbutt performed many procedures that required the complete elevation and reconstruction of the forehead and frontal scalp, as well as the reconstruction of the underlying bony tissue and skull. This led to an interest in hairline and scalp reconstruction techniques.

Due to his unique skills in both delicate eye microsurgery, eyelid plastic surgery, and as his proficiency in larger scalp and forehead reconstruction surgeries, Dr. Garbutt was offered a position with a leading Los Angeles based hair restoration surgery practice.

After an initial apprenticeship period, Dr. Garbutt studied advanced hair transplantation techniques with leading practitioners both in America and Europe. He then specialized in the practice of hair restoration, as a former member of the American Academy of Cosmetic Surgery and of the International Society of Hair Restoration Surgery.



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What To Expect At Your Consultation

Today we live in an age when hair loss is no longer considered a permanent condition. Our goal is to help you craft a plan to restore the hair you've lost. We start that process by conducting a consultation where we walk you through the process below. We look forward to helping you achieve your hair restoration goals.



Have Your Questions Answered



Review Your Treatment Options



Receive Cost & Financing Plans

1



DISCUSS TROUBLE AREA

We will discuss your concerns and expectations. Together we will agree on a realistic hair restoration plan... Short and long term goals where appropriate.

2



DEFINE THE AREA

We outline the trouble area, so we agree on the exact area you want restored. We then document our findings with photos.

3



MAP THE AREA

We transfer the surface area to be restored onto our 3D Hair Mapping Template. Then calculate the size of the restoration area in square centimeters.

4



DISCUSS HAIR DENSITY

We will discuss your current hair density factor using Modern Hair Science. Average density in men is 80 Follicular Graft Units per square centimeter and slightly higher for most women.

5



CALCULATE GRAFTS AND COST

We calculate total grafts needed by multiplying the surface area restored by the density factor desired by the cost per graft. You'll know exactly what's needed to reach your goals.





AVOID THE 5 WORST HAIR TRANSPLANT DISASTERS

So, you're tired of looking in the mirror and thinking, "that's not me." You've mastered hair style tricks and have a hat for every occasion but what you would REALLY like is to have is that feeling of confidence and the full, natural hair you remember.

Losing hair is normal...and today, restoring it is too. Like breast augmentation, Botox® and liposuction, hair restoration is now a mainstream procedure with wide-spread acceptance and little social stigma.

But on the flip-side, the growing popularity of hair restoration means that many doctors and clinics are getting into the game. Hair transplantation is a permanent, surgical procedure and a significant investment. What are the right questions to ask? Who do you trust? And how do you avoid the FIVE WORST HAIR TRANSPLANT DISASTERS?



DISASTER #1



THE BAIT AND SWITCH (OR THE LOW-BALL)

We are all looking for a good value and low price. But when shopping a surgical procedure – price is NOT the only consideration! Many hair clinics will quote a low-ball price based on a minimal number of grafts, at a high price per graft. Clients are also shocked later as they are pressed for an “upsell” for additional grafts, specialized procedures, shampoos, scalp products or more.

FIX

Work with a reputable clinic and before you get a price, make sure they have asked about:

- A.** Your needs and hair restoration goals.
- B.** Personal hair loss history.
- C.** Examination of the scalp to evaluate skin health, hair type, previous scarring, etc.
- D.** Health history.
- E.** Family history.
- F.** Dry/Wet measurement of the thinning and bald areas.
- G.** Hairline restoration sketch.
- H.** Photography of your hair.
- I.** Donor area density and measurement.
- J.** Estimate of the number of WHOLE, natural follicle grafts (follicular units) that will be needed to give your desired results.
- K.** Long-term plan to manage ongoing hair loss.



DISASTER #2



HAIR DENSITY DUPPING

When a clinic quotes a low number of grafts to support a promo price, you may be in danger of sacrificing natural hair density. We are born with about 80 natural follicles per square centimeter; with an average of 1-4 hairs per follicle, or 170 to 200 total hairs per square centimeter.

FIX

Work only with a clinic who will pursue full, natural-looking density to achieve the look that fits your needs, not just fill in a larger area with fewer hairs.



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DISASTER #3



GRAFT SPLITTING

Hair follicles (a single follicular unit) typically contains 1-4 hairs. However, many clinics will **SPLIT** that single follicle into individual hairs to implant. You are **CHARGED**, not for the single, natural follicular unit that was extracted, but for the multiple hairs that are implanted. Not only is this a financial hit, but it will also create thin, weird-looking results. In addition, graft splitting can damage the follicle reducing the likelihood that the graft will survive the implant.

FIX

Demand that only **WHOLE, NATURAL** follicular units are used in your hair restoration.



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DISASTER #4



UNQUALIFIED/UNFOCUSED SURGEONS

Did you know that there isn't a specific certification or surgical degree specifically for hair transplantation surgery? In other words, any doctor can do it, whether or not they are a surgeon or have specialized training or experience. As hair transplantation has grown in popularity, many plastic surgeons and MedSpa physicians now offer hair transplantation as an optional service alongside many other cosmetic procedures. Hair transplantation is a highly specialized procedure that requires a well-trained and artistic hand to achieve optimal results. It takes more than equipment to do it right.

FIX

Find a dedicated hair transplant clinic that specializes **ONLY** in hair transplantation and an experienced surgeon who can back his/her reputation up with years of successful procedures and satisfied clients.



DISASTER #5



GOOFY LOOKING HAIR

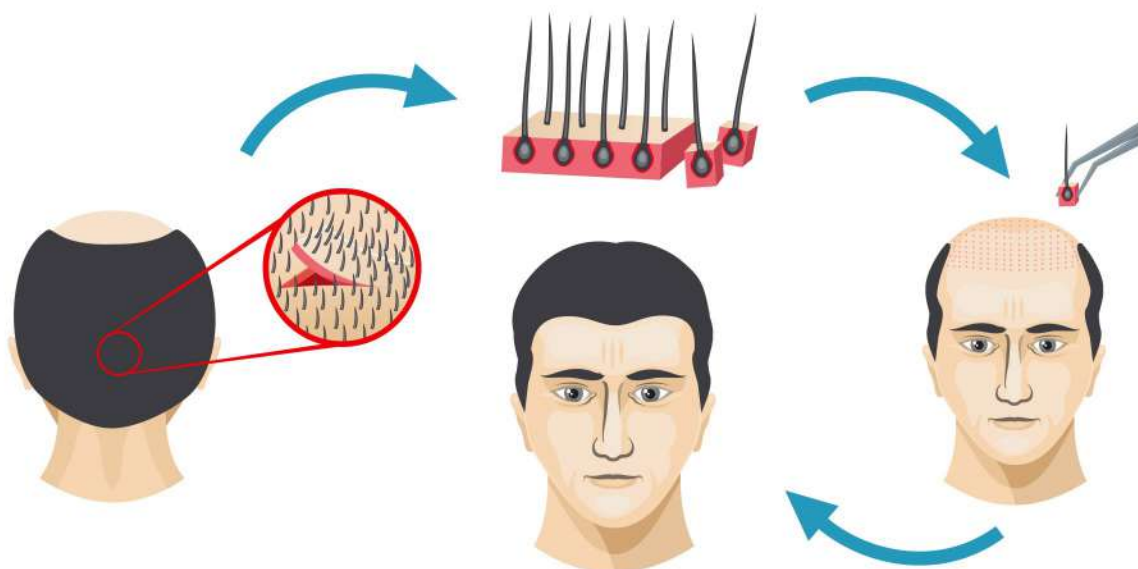
Not all hair transplants are created equal. It is more profitable for some clinics (focused on volume) to use sub-standard grafting methods rather than newer, better techniques and technology. This can result in awkward hairlines and hair that doesn't blend well.

FIX

Make sure your surgeon is an artist, not just a technician. Look at the results.

Expect and demand current technology, natural results from your hair transplant.

Stay fully informed before, during and after surgery. Don't be a hair transplant disaster! Make sure your surgery is a positive, life-enhancing experience with great results.



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Questions You Should Be Asking

So how do you choose a surgeon?

No! No! No! This is the wrong question to ask. The Question you should ask is...

- How do I find a surgeon competent and skilled enough to “Restore” the Natural look you once had?
- Isn't that what you really want? Results so Impressive “No One” would ever know you had Hair Restoration Surgery.

Let us explain

Hair Restoration Surgery is a permanent Cosmetic procedure. So it's imperative you do your homework before you commit to surgery.

Any Doctor with a valid medical license and a little training can perform this surgery... Usually they train on a weekend.

The Surgery is straightforward. You move hair from the donor area and then make the receptor sites in the area where you want more hair... then place the new hair in these sites and then the new hair starts to grow within 3-4 months.

Yes, I over-simplified the surgery to make a point... with 10,000 or so Doctors trying their hand at hair restoration surgery every year... would the surgical results be exactly the same in each case? What do you think?

Imagine the varied background of 10,000 Doctors for a moment.

- They all have different training and skill sets.
- They all have different “Motivations” for performing hair Restoration Surgery.
- Some Doctors are more “Serious” than others.

So how do you find a competent Surgeon?

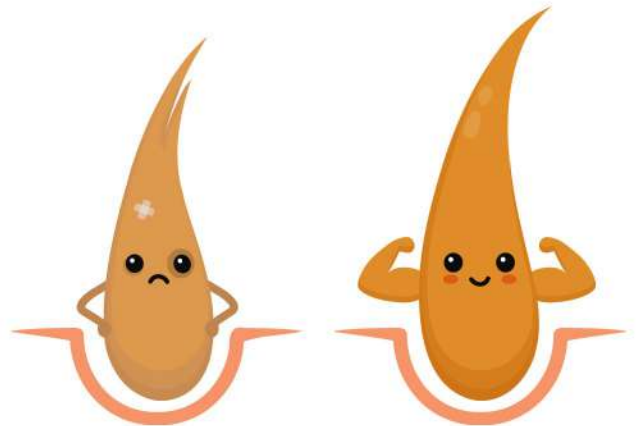
- Finding a competent surgeon is a process of eliminating the least serious surgeons.

How do you do that?

Start by asking “Tough Questions”. If your Doctor is truly interested in the results of his work he won't mind answering 5 tough questions, questions only veteran patients or Hair Transplant Victims would know to ask in advance of doing surgery.

Ask these “Tough Questions” of every Doctor you sit down with during your Hair Restoration consultation. We've listed the questions and our answers in advance. This will give you a basis of comparison in your selection process.

Keep in mind that every Hair Restoration Technique has advantages and disadvantages. These questions are by no means a definitive list... I could list more than one hundred questions. But I've boiled it down to more than a dozen.



One final comment “Don't be intimidated by the doctor or anyone who represents them. You may find many of the Doctors uncomfortable in answering these questions. Beware.

If the surgeon gives a vague answer or ignores a question, this is not a good sign. The doctor might ignore your questions or give you vague answers after surgery as well.

Hair Restoration Surgery is serious business. It should be a Positive life changing experience so it's imperative your Doctor is just as serious as you are about the results you're paying hard earned money for. You want to be fully informed before, during and after surgery.



Let's Get Started

? What is used to make the receptor sites?

We use precision surgical needles exclusively to create the receptor sites. We have found that by using a surgical needle, almost as small as the human hair shaft we can virtually mimic a natural receptor site. The transplanted hairs blend in perfectly... giving you the natural look you want.

These surgical needles allow us to place the hairs as close as is medically safe and they'll give you greater density in a single session.

We never use the fast acting punch grafting method... after all our patients prefer Impressively Results instead of faster surgery.

? How do you determine how many follicular/graft units will be needed to restore my hair?

Everyone has a different pattern of loss and head size. That's why we take precise measurements of the hair loss area using our proprietary hair restoration template. We don't guess... we don't estimate... we measure. After measuring, we'll share our calculations and conclusions. We also take photos so you participate in the hair restoration process... a picture can say a lot.

? How does hair restoration surgery affect my thinning hair and bald areas?

Transplanting hair accelerates the natural rate of hair loss. This relates to the natural life cycle of a hair follicle. The life cycle of a hair is anywhere from 6 months to 5 years, after which the hair is terminated. This terminated hair falls out, and the hair follicle will be in a resting state where no hair is produced for a few months to a year.

Absolute hair loss in an area occurs when the follicles in the area used up all of their life cycles, so when they enter a dormant state and the hair is lost, they don't grow new hairs. The process of transplanting hair into a thinning area releases metabolic byproducts which can trigger adjacent hair follicles to end their hair cycles prematurely. If the terminated hair cycle was the last remaining cycle, the hair will be lost permanently.

? How many follicular units are transplanted per square centimeter so my hair will appear naturally dense like the surrounding hair on the sides of my head?

The cosmetic density that blends in naturally with the surrounding hair is approximately 30 follicular/graft units per square centimeter. This equals 80-90 hairs per square centimeter on average. Anything less will give you the thin see-through look.



? How many more follicular/graft units will I need if I lose all my hair one, two or ten years from now?

Although future hair loss is never predicable we take possible future loss into account with each patient using the following factors to develop a long range surgical plan in case you return for surgery 10 years or later. **These factors are:**

- Family hair loss history.
- The patient's hair loss history.
- Dry measurements of the thinning and bald areas.
- Wet measurements of the thinning and bald areas.
- Donor area density and measurements.
- The patient's immediate concerns.
- Hairline 5recreated, drawn in and measured.
- Photo history of the above findings.



? Who are the best candidates for hair restoration?

Nearly everyone with any type of hair loss can benefit from hair restoration using either the FUE or the FUT/Strip Method. The only limitation is if there's insufficient donor hair on the back of the head to be redistributed to thinning and balding areas.

You must have realistic expectations when you come in for your evaluation. We can discuss what's realistic for your unique situation in more detail.

Like any surgery good health is required. Since everyone's hair loss is unique, only a thorough evaluation can determine if your situation is right for hair transplantation.

? How long will the transplanted hair keep growing?

The transplanted hair will keep growing for the rest of your life. The newly transplanted hairs from the donor area will continue to grow on their preprogrammed genetic course. That means a typical hair follicle will shed every three to six years and then grow back. It will grow back at almost half an inch per month (the same rate as the donor hair). Sometimes the initial hair will grow out thin like baby hair and becomes thicker over time.

? Is the surgery painful?

No. The surgery is actually painless because we are using local anesthetics to numb the scalp and we provide pre-op and post-op medications to make you comfortable.

You'll just lay back and you can even watch movies during the procedure. The local anesthetics will begin to wear off the first night after surgery.

There may be some minor discomfort at the donor area (not in the area where the grafts were placed). Occasionally there is a little bit of tissue swelling after surgery.

? How many follicular units can be transplanted at once?

This depends on the degree of thinning and bald areas... that's why we take precise measurements. The number of grafts can vary from a few hundred to a few thousand. As many as 3500 Follicular Units can be transplanted in a single session using your naturally occurring, follicular clusters of 1, 2, 3, and 4 hairs at a time.

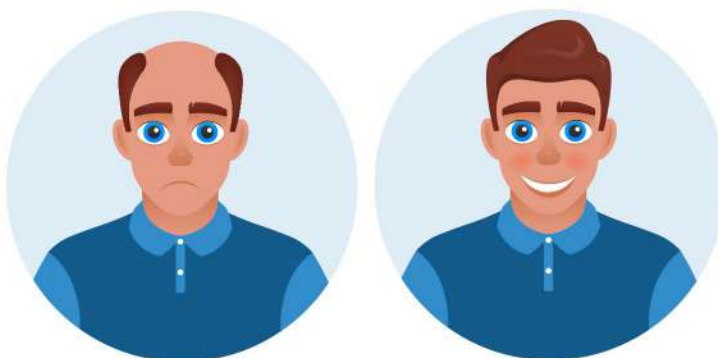
? What is the procedure like?

Hair restoration surgery is minor surgery done under local anesthesia. The procedure is performed on an outpatient basis. Temporary numbness and partial loss of sensation can occur. However, there is little discomfort since hair restoration only involves the outer layers of the skin.

? Although hair restoration surgery is a minor outpatient procedure, what's the recovery time?

Yes, this is minor outpatient surgery... but with any surgery you should take certain precautions.

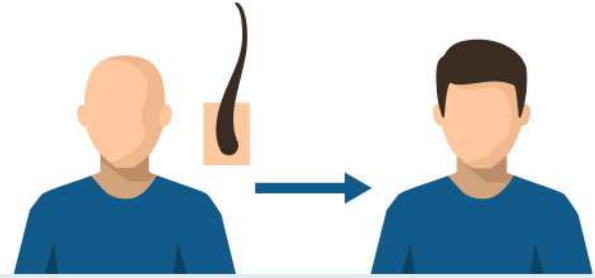
You can return to work the next day if your job doesn't involve heavy lifting. Remember you just went through a 5-8 hour procedure to restore your natural growing hair. Your body needs time to recover. So that means no heavy lifting or strenuous exerting for a period of seven to ten days. You can return to your normal routine after that time.



HOW HAIR TRANSPLANTS WORK

You're One Day Away From A Whole New Look With Hair

You'll arrive in our office on the morning of your procedure and you'll be greeted by our professional staff. You will be guided through the entire procedure and receive personalized attention.



POST PROCEDURE CARE

We will provide you with detailed instructions on how to care for your new hair. You may experience some hair shedding in the months after the procedure, which is completely normal. The transplanted follicles may shed the existing hair shaft. Your newly placed hairs will enter a dormant period of anywhere from 3-6 months. Then the hairs will grow at the normal rate of half an inch per month.

NO STRESS OUTPATIENT EXPERIENCE

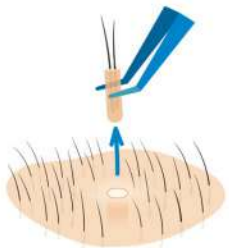
The procedure takes anywhere from 4-8 hours. We'll provide a lunch for you about halfway through the procedure.

We have a TV and plenty of movies to watch during the procedure. We have Netflix and Hulu, so that you can choose what you'd like to watch while we do our work. After the procedure is complete, then we will call your driver or arrange for you to take an Uber/Lyft/Taxi to a hotel or your destination of choice. We typically prescribe you pain medication in case you experience any discomfort (many patients don't even need their pain meds). We recommend that you take at least one day off from work the day following the procedure.



Procedure Overview – How Does it Work?

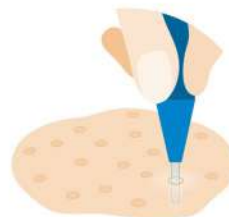
Hair follicles are grouped into clusters of 1 to 4 hairs, averaging about 2.5 hairs per cluster. These hairs share a common blood supply and nerve endings. The hair follicles also contain a root and glands in addition to nerve fibers and blood vessels. The entirety of this is called a follicular unit. It is critically important to keep each follicular unit intact so that when it's implanted the hair receives the correct nutrients and has the best chance to thrive and grow.



Hair Follicles Are Extracted



Nature Follicular Units Are Separated



Sites Are Made For Follicles



Follicles Are Placed Into Sites



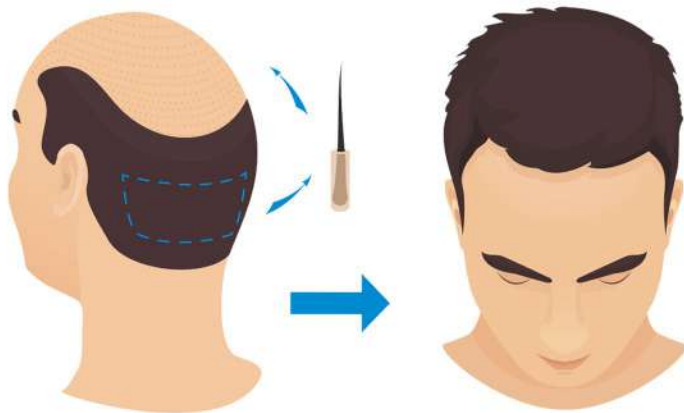
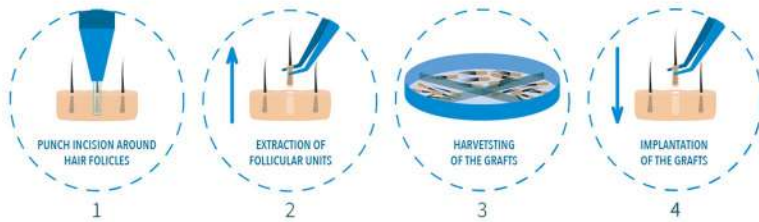
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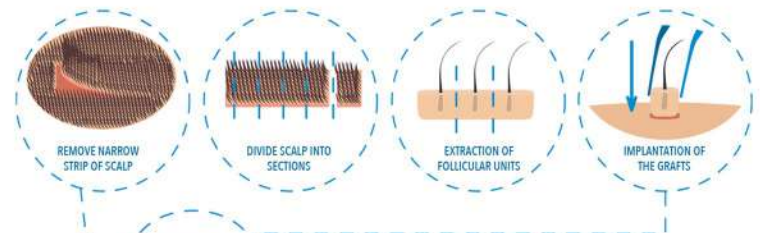
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Two Methods For Success – FUE and FUT / Strip Method

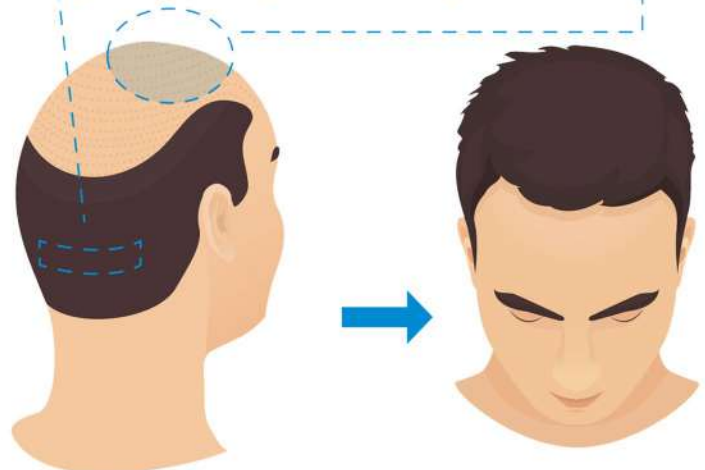
Each method has a series of benefits and the costs can vary between the methods with the FUE being more expensive due to the length of time it takes as compared to the FUT. The choice comes down to what you want for your desired look.



FOLLICULAR UNIT EXTRACTION (FUE)



FOLLICULAR UNIT TRANSPLANTATION (FUT)



Costs and Financing Options

We are upfront and honest about our pricing. You can look at our website on the specific procedure pages to see our current pricing and if we're running any promotions.

Our procedures typically range from \$3,500 to \$10,000, but can be more if we are transplanting more follicles. The pricing is based on a cost per graft, where we will transplant between 600 to 3,500 grafts. As with most things, the more you buy the lower the cost per graft. Someone coming in for 1,000 grafts will pay more per graft than someone getting 3,500 grafts.

We'll always strive to craft the right plan for you while also keeping your budget in mind. We'll help you determine how many grafts will be required to achieve the desired results. We can also help you craft a long-term strategy as sometimes one procedure is not enough to get the look you desire. Again, this is based on how many hairs you've lost and the quality and quantity of your donor area.



Financing and Payment Options

We offer 100% financing at 0% (on approved credit). We also have several other options for financing your procedure through Lending Club or Care Credit. Please contact us to discuss these details and your options.



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Are you ready to take the next step? Call us or fill out a form on our website to schedule your free consultation.



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