

FACE

THE AESTHETICS OF HAIRLINE DESIGN: Where Technique Meets Artistry

Hair transplantation is a true microscopic procedure, where fractions of a millimeter can make subtle but critical differences in appearance. These procedures entail the placement of hundreds to thousands of grafts, and in no area is the proper placement, position, and pattern of these grafts more important than the hairline. Attention to aesthetic detail can make the difference between a merely very good result versus one that is excellent and natural appearing.

The Technique

The transplanting of only microscopic follicular unit grafts has many aesthetic advantages which include: less damage to already existing surrounding hairs; greater hair density; faster healing; minimal to no scarring; and the ability to transplant larger numbers of grafts meaning the need for fewer procedures. The typical procedure performed by Dr. Epstein now entails the transplanting of 2200 to 2400 grafts, with procedures of 3000 and more grafts now commonplace.

continued on page 2

*For the patients of
Jeffrey S. Epstein,
M.D., F.A.C.S.*



Before and after a procedure of 2400 grafts



Before and after a procedure of 2500 grafts



Close-up



Close-up

na
tur al:

1. As existing in nature
2. Free from pretension or artificiality



WORDS FROM THE DOCTOR



Since 1993, I have been fortunate to participate in the evolution of the specialties of surgical hair restoration and facial plastic surgery. Few other surgical disciplines have undergone such profound improvements in technique and results. While

more technically demanding, the natural results of today seem to justify the increased time, money, and effort expended.

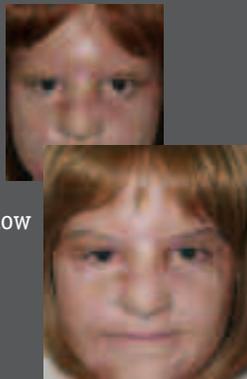
The most rewarding privilege of doing what I do is to have the ability to make a difference in people's lives. In doing so, I hopefully make someone's life a little nicer, boost self-esteem a little higher, and maybe help make for a more fulfilling professional and/or social life.

I would like to share three special young person's heartwarming stories.

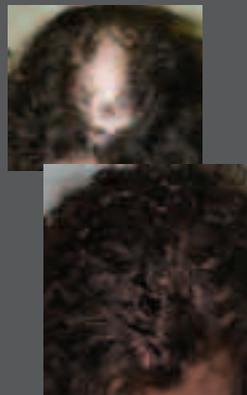
Madeeha (*below*) is a 9 year old who underwent years of ridicule because she had a scarred scalp the result of a burn as a baby. She has traveled from Oklahoma to undergo two *pro bono* reconstructive hair transplant surgeries. Pictures show her before and how she looked one year after her first procedure. Her story, covered by FOX's Geraldo Show, can be viewed on the website www.foundhair.com. Her second procedure was recently performed.



Mariya (*right*), from the Ukraine, while not yet a teenager has undergone more than 30 *pro-bono* reconstructive surgeries to repair scarring from facial burns, the majority performed by Dr. John Cassel with the support of Baptist Health Systems of Miami. Pictures show her before and six months after her eyebrow transplant.



Serena (*right*) was born with a partial absence of her scalp that always required her to wear a hairpiece. She spent the summer after high school in Miami to have me perform two surgeries, the first to insert two surgical balloons under the scalp, the second, two months later, to remove these two balloons that had been inflated with saline and to allow the expanded scalp to cover the scarred areas. Now in college, she no longer needs to wear a hairpiece.



THE AESTHETICS OF HAIRLINE DESIGN (cont.)

The Aesthetics

The transplanted hairlines on this page all demonstrate different aesthetic aspects of a natural appearing hairline.

- Irregularly arranged single hairs creating alternating zones of more and less density
- Positioned to look natural with increasing age and any potential future hair loss
- Use of the finest single donor hairs along the frontalmost aspect of the hairline
- Individualized for the patient's goals and facial shape. For example, some men prefer frontotemporal recessions.
- Optional creation of a subtle widow's peak
- Maximal forward angulation of the hairs to both increase the appearance of density as well as making the transplant difficult to detect



Transplanted hairlines



Before

After repair

Hair Loss – It's Not Just A Guy Thing

The Women's Center for Hair Loss was established to address the unique needs of women who experience problems with hair loss, which can include: diffuse thinning, a receded hairline, absent or insufficient eyebrows or eyelashes, and visible scarring or the loss of sideburns as a result from prior plastic surgery. All of these areas can be addressed using state-of-the-art surgical hair restoration techniques.

Areas of diffuse thinning can be moderately to significantly improved upon with hair grafts carefully placed between existing hairs. Successful outcomes are dependent upon minimizing the risk of damage to these existing hairs while maximizing the number of hairs added. Overly high hairlines can be lowered by several techniques, the more common being hair grafting, the other a surgical hairline advancement combined with browlift surgery. Eyebrow and eyelash restoration are delicate procedures in which Dr. Epstein has significant experience. To treat the scarring and hair loss (especially of the sideburns) that are a result of prior plastic surgery, a variety of hair grafting techniques can be utilized.

The websites www.womenscenterforhairloss.com and www.eyebrowtransplantation.com contain valuable information on the medical and surgical treatments for the various types of hair loss in women.



The photos illustrate the results of different procedures performed on women including: the restoration of sideburns lost as a result of prior plastic surgery; the treatment of female pattern hair loss; and hairline advancement.

UPDATE ON NONSCALP HAIR TRANSPLANTS

Restoring hair into areas other than the scalp can be particularly challenging procedures, involving the placement of hundreds to thousands of grafts at just the right angle and direction so that natural appearances can be achieved. Over the past two years, Dr. Epstein has performed over 200 of these procedures.

Eyebrows and Eyelashes

Few would doubt the importance of eyebrows and eyelashes to help portray naturalness and beauty. The majority of the eyebrow transplant procedures Dr. Epstein performs are for eyebrows lacking in density or are too thin, usually the result of excessive plucking or electrolysis, but also due to aging, hormonal changes, trauma, and genetics—especially common in men. An eyebrow transplant typically involves the placement of 150 to as many as 375 grafts (or hairs) into each eyebrow, over a two to three hour essentially painless procedure. By the fourth day, patients are presentable with few if any signs of having had a procedure. While the hairs usually fall out within three weeks, a few months later they regrow, and are permanent.

Eyelash transplantation is a newer but rapidly growing in popularity procedure, designed to restore full and long eyelashes to both the upper and lower eyelids. This one-hour long procedure can be repeated several months later if more density is desired, and results in eyelashes that must be trimmed on a once or twice monthly basis (just like the maintenance required of eyebrow transplants) as well as curled to assure the natural appearance.

Retrosexual is the new metrosexual

In line with the retrosexual trend towards a hairier more masculine appearance, hair transplants to the beard and chest have significantly increased in popularity. But do not think that men have these procedures just to follow trends – rather, they are fulfilling self-determined goals of having what they believe is a more attractive or masculine appearance. For most men, a single procedure of 600 to 1800

grafts (in the case of beard and the popular goatee transplants), to as many as 3000 grafts (in the case of chest/abdominal hair transplants) can result in natural appearing restorations.

Dr. Epstein has lectured and written extensively to the plastic surgery community on his techniques in this area, and been published in such outlets as *GQ*, *New Beauty*, *Elle*, the *LA Times*, and *SELF*.



Before and after beard transplant



Before and after eyebrow transplant



Before and after chest hair transplant



IMPROVING DONOR SITE SCARS – THE HITS TECHNIQUE

In most patients, the scar that results from the excised donor strip heals 2 mm in width or less, allowing patients to continue cutting their hair short. In the quest to perfect the appearance of these scars, a plastic surgery technique for closing donor sites called the **HITS (Hair Induction Through the Scar)** technique is used by Dr. Epstein. This technique involves the suturing of the donor site so that one edge overlaps the other edge, resulting in hair growth through the scar. You can see some examples of this technique in the photos at right.



While not indicated for all patients, the HITS technique results in improved donor site scars that have hairs growing through them.



IN THE NEWS

Dr. Epstein's appearances in the media and his contributions to the scientific community:

TELEVISION

WABC-TV New York: Reparative Hair Transplants

CBS-TV New York: Eyebrow transplants

ABC-TV Miami: Body and facial hair transplants

Fox TV Nationwide: *Geraldo at Large* - Pro bono hair transplant procedure on a burn victim

Fox TV NY: Hair transplantation in men

ABC Internet News: Hair transplantation in women

Univision: Hair transplants to beard and chest

WABC-TV New York: Hair Transplants to Eyebrows and Beard

NBC-TV Miami: Hair transplants to eyebrow

WSVN-TV Miami: Women and hair loss

FOX-TV Boston: Eyebrow transplants

TV Channels WSVN, WPLG TV Miami: Pro bono reconstructive eyebrow restoration surgery on Ukrainian girl

PRINT

Health Magazine: Eyebrow transplants

Cargo Magazine: Men and hair loss

GQ Magazine: Hair transplants

New Beauty Magazine: Treatment of hair loss in women

El Diario/La Prensa: New York's largest Hispanic newspaper- Hair Restoration

Miami Herald: Pro bono reconstructive eyebrow and scalp restoration on burned teen; featured Dr. Epstein on a front page story about patients traveling to South Florida to have cosmetic surgery

El Nuevo Herald: Men and cosmetic surgery

Essence Magazine: Women and hair transplants

Elle Magazine: Eyebrow transplants; women and hair loss

The Beauty Makers book: One of 24 plastic surgeons profiled. Published by Kiamichi House.

Women's Wear Daily: Covered the Women's Center for Hair Loss

National Hair Journal: Body hair transplants

LA Times: Interviewed Dr. Epstein for a story on the growing trend of eyebrow transplants

Self Magazine: Hair loss in women

People en Espanol: Beard hair transplants

Vanidades: Painless techniques in hair transplantation

SCIENTIFIC ARTICLES/PRESENTATIONS

Guest Editor, *Facial Plastic Surgery Clinics of North America* - issue devoted to hair restoration. Authored 2 articles in the issue:

Hair Transplantation to the Eyebrow, Eyelashes, and Other Parts of the Body

The Treatment of Female Pattern Hair Loss and Other Applications of Surgical Hair Restoration in Women

AAFPRS Annual Meeting, NYC- Workshop on hair transplantation for plastic surgeons

Evolution of Techniques in Facial Plastic Surgery textbook-Chapter on surgical hair restoration

AAFPRS International Symposium, May 2006, Las Vegas. *Workshop on Hair Transplantation*

AAFPRS Annual Meeting, Sept 2006, Toronto.

Workshop on new techniques in hair transplantation

"Grand Rounds," University of Miami. Hair Transplantation

International Society of Hair Restoration Surgery Live Surgery Workshop, March 2006. Attended by over 150 doctors from around the world, Dr. Epstein performed several surgeries in front of a live audience, and lectured on body and eyebrow hair transplants and special techniques for donor site closure.

Understanding Cosmetic Procedure Textbook, Chapter on Hair Restoration

Hair Transplant Forum- articles on eyebrow transplants and scalp expansion

PRO BONO

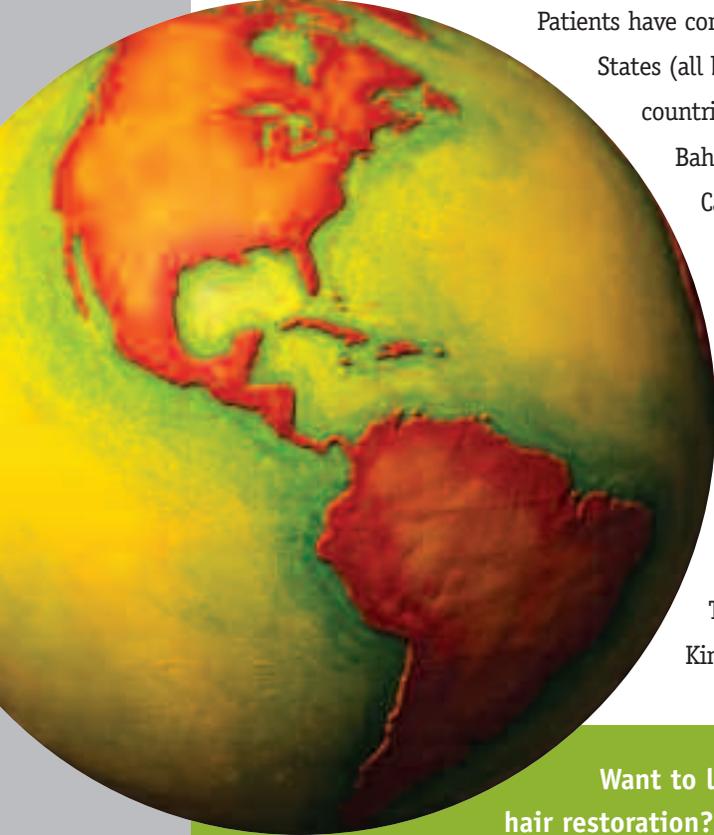
Participant- International Society of Hair Restoration Surgery's Operation Restore. *Pro bono* program to provide hair restoration surgery to those with hair loss due to trauma or disease who lack the financial resources to pay for procedures

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Truly a National and International Practice



Patients have come to be treated by Dr. Epstein from 49 of the 50 United States (all but North Dakota), and internationally from over 60 countries including: Afghanistan, Argentina, Aruba, Australia, Bahamas, Barbados, Belgium, Bolivia, Brazil, Canada, Cayman Islands, Chile, China, Colombia, Costa Rica, Curacao, Denmark, Dominican Republic, Ecuador, El Salvador, France, Germany, Greece, Guatemala, Haiti, Honduras, Hong Kong, Iceland, India, Ireland, Israel, Italy, Jamaica, Korea, Kuwait, Lebanon, Malaysia, Mexico, Monaco, The Netherlands, Nicaragua, Nigeria, Pakistan, Panama, Paraguay, Peru, Poland, Portugal, Puerto Rico, Qatar, Saudi Arabia, Scotland, Singapore, South Africa, Spain, Sweden, Switzerland, Thailand, Trinidad, Turks and Caicos, United Arab Emirates, United Kingdom/England, Uruguay, and Venezuela.

Want to learn more about Dr. Epstein's work in hair restoration? Check out the following websites:

www.foundhair.com, www.womenscenterforhairloss.com,
www.eyebrowtransplantation.com, www.bodyhairtransplants.com

These sites all feature hundreds of before and after photos, and provide the opportunity to write directly to the doctor with any questions and to send photos.

PROFILE

Jeffrey S. Epstein, M.D., F.A.C.S.

Dr. Jeffrey Epstein is a Diplomate of the American Board of Hair Restoration Surgery, the American Board of Facial Plastic and Reconstructive Surgery, and the American Board of Otolaryngology. He is Past President of the Florida Society of Facial Plastic and Reconstructive Surgery, and a Voluntary Instructor at the University of Miami College of Medicine.

The offices of Dr. Epstein have achieved accreditation by AAAHC (American Association of Ambulatory Health Care). This assures patients of the highest level of sterility and care.

MIAMI

Dr. Epstein's Miami office has recently undergone a facelift, with the building of new surgical suites. The larger procedure rooms not only enhance patient comfort, but are AAAHC (American Association of Ambulatory Health Care) certified.

NEW YORK

To best meet the needs of his patients who live outside of south Florida, Dr. Epstein sees consults and performs procedures in his New York office. Located at Park and 56th Street, the office provides the same high standard of care as the Miami office.

Elsewhere in Florida

Consults and post-procedure care continue to be provided by Dr. Epstein in Tampa and Boca Raton.

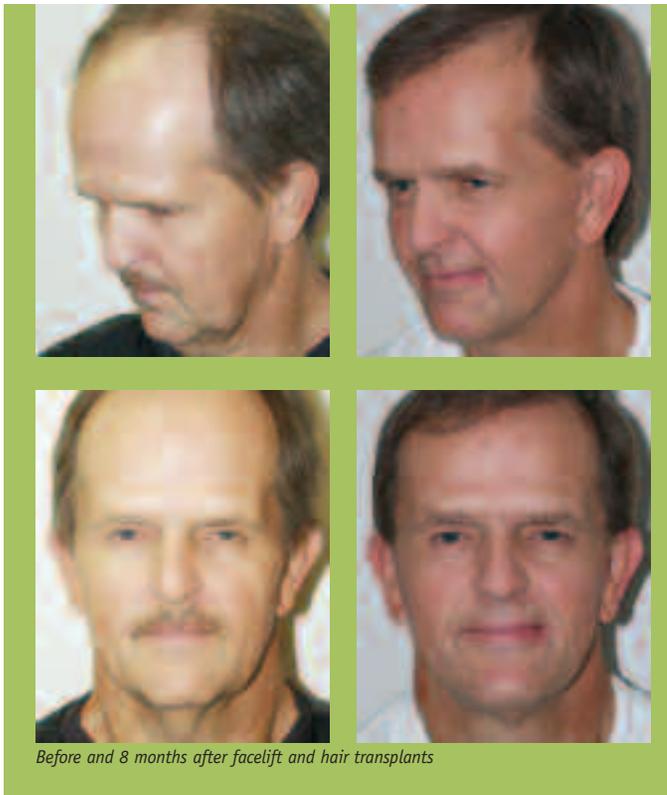
Appointments can be scheduled by calling 800-370-2883, 305-666-1774, or 212-759-3484

PLASTIC SURGERY IN MEN:

FACE

While women are the fastest growing segment of the hair transplant field, men are the fastest growing segment in the plastic surgery field. In fact, the American Academy of Facial Plastic and Reconstructive Surgery reported last year an over 50% increase in the incidence of men undergoing facial plastic surgery procedures.

While many of the procedures men undergo are the same as that of their female counterparts, there are some definite differences in the goals between the sexes. In general, men seek to be more private than women about the work they have performed, therefore quick healing and particularly natural non-surgical appearances are important. Current techniques of the commonly performed procedures of blepharoplasty (cosmetic eyelid surgery), browlifting (usually performed endoscopically through several small incisions in the scalp), and rhinoplasty all provide for a three to eight day recovery and undetectable appearances, as performed on both men and women. It is in the treatment of the aging neck that particular differences in techniques exist between the sexes.



Before and 8 months after facelift and hair transplants

The Direct Midline Necklift versus Facelift

In women, a full facelift or necklift is the procedure of choice to address the primary areas with which women are usually concerned: tightening the neck; smoothing the jowls; and returning the midface fat to a more youthful elevated position. Requiring 3 hours to perform, a week to ten days is required for sufficient healing to allow concealment of the incisions that are made around and behind each ear.

In men, the direct midline neck lift is an excellent and practical alternative to a facelift. This one hour long procedure, performed under usually just a mild oral

sedative, addresses that area of greatest concern to most men- the hanging and/or full neck. Able to be combined with liposuction, the procedure allows for the direct removal of the excess neck skin and fat under the chin, and



Before and 3 months after direct midline neck lift

heals as a single 2 to 3 inch long midline scar that typically is hardly if at all visible. If ever detected, it in no way looks like the typical facelift or necklift scar.

Dr. Epstein has been performing the direct neck lift for the past eight years, almost all on men (with a few female exceptions), with excellent results. Patients have experienced as much as an 85% reduction in the excess neck skin. No bandages are required, and patients are typically presentable at 3 to 5 days, the time at which sutures are removed.

The Executive Aesthetic Physical

Most women present to the plastic surgeon with a pretty good idea of what procedure(s) they desire, having been educated through the shared experiences of friends and family members, as well as what they read in magazines. Men, on the other hand, are usually not as knowledgeable as women – they know that they want to look better (often meaning look younger) but do not know from what procedure(s) they would benefit nor what feature(s) creates an older or less aesthetic appearance. Furthermore, they want to have this work done as efficiently as possible, preferably all in a single sitting or procedure.

It is for these men, and some women, that the executive aesthetic physical was designed. Similar to how a patient undergoes a thorough medical evaluation and treatment recommendation in an executive *health* physical, with the executive *aesthetic* physical a complete evaluation of all the aesthetic elements from the neck up is provided. Dr. Epstein is then able to recommend to patients a plan for treatment, which may include any of the following procedures: blepharoplasty to remove excess eyelid skin or puffy bags under the eyes; browlifts for low hanging brows and/or extensive forehead wrinkling; facelifts versus necklifts; rhinoplasty to elevate hanging nasal tips and address other aesthetic concerns; and hair restoration to frame the face and provide a fuller head of hair. Sometimes smaller procedures, such as Botox® or Radiesse® or Restylane® filler injections are recommended.

While not necessary or indicated for many patients, the executive aesthetic physical has an invaluable role in Dr. Epstein's practice. With his specialization in surgical hair restoration and his extensive background in facial plastic surgery, he is uniquely experienced in understanding the aesthetic goals and needs of men, and able to recognize the importance, when indicated, of restoring at least a minimum amount of hair to create a more youthful appearance in conjunction with other indicated plastic surgery procedures.



Before and 2 months after lower lid blepharoplasty

LONG-LASTING FILLER SUBSTANCE RADIESSE® JOINS THE RANKS OF FDA-APPROVED “QUICK FIXES”

Filler substances like Restylane®, and relaxing agents like Botox®, are quick yet highly effective modalities that can provide a more youthful, relaxed appearance. Each of these products have unique indications, and can be used individually or in conjunction with others. What they all have in common is the advantage of not requiring any surgery.

Restylane® is a filler substance that minimizes superficial to medium depth wrinkles. It is also an excellent product for lip augmentation. Highly tolerated and natural feeling, Restylane® has few if any side effects, is safe to use, and lasts for 6 to 8 months in most individuals. No skin test is required, and patients are completely presentable immediately- similar to the other products described here. **Perlane®**, which recently received FDA approval, is for deeper wrinkles, and is excellent for longer lasting lip augmentation.

Not a filler substance, **Botox®** smoothes wrinkles by temporarily weakening or paralyzing the muscles that cause them. When properly injected into the muscles around the eyes, Botox® can elevate the brows, providing a more youthful appearance to the eyes and/or forehead region. Frown lines above the nose, crow's feet, and even muscle bands in the neck can all be effectively treated with Botox®. The results typically last 3 to 4 months.

Radiesse®, like Restylane®, is a filler substance, but used more commonly and effectively for deeper applications, such as reducing deep smile lines, filling in defects of the nose, sculpting the cheeks, and minimizing jowls. While Radiesse® has been used by Dr. Epstein along with many other plastic surgeons for over 5 years, it has just received FDA-approval for cosmetic purposes (it had previously been approved for injection into such areas as the gums). Popular among both men and women, one of the main advantages of Radiesse® is that it lasts for as long as 1 to 2 years, and is the most effective product for filling in the nasolabial folds (smile lines).

Unlike other fillers used for wrinkles and lip augmentation, **Sculptra®** is useful for restoring overall volume to the face. Typically administered as a series of three treatments, Sculptra® restores a more youthful, fuller appearance.

WHY OFFICE-BASED SURGERY?

For most patients, the comfort and privacy of a doctor's private office over the hospital or ambulatory center makes it a preferable place for having a plastic surgery procedure. The office of Dr. Epstein has achieved accreditation by AAAHC (American Association of Ambulatory Health Care), thus assuring the highest levels of safety and confidentiality.

Want to learn more about Dr. Epstein's work in facial plastic surgery?

Visit: www.plasticsurgeryoftheface.com

NATURAL RESULTS IN RHINOPLASTY

One of the most popular plastic surgery procedures for both men and women is rhinoplasty- the cosmetic sculpting of the nose. This procedure is most commonly performed to repair the results of inheritance or trauma- features such as a bump, a hanging or bulbous tip, or a wide bridge. The technique almost always used by Dr. Epstein is the external rhinoplasty approach, whereby a small incision is made along the bottom of the nose, allowing for full visualization of the entire tip and bridge, permitting meticulous sculpting and rasping to allow for the most natural appearing result.

This external approach is particularly useful for revision procedures. In patients who have already had a rhinoplasty but are looking for an improved cosmetic result, there are some definite challenges. Some of these challenges include asymmetric remnants of tip cartilage due to overresection, insufficient removal of cartilage or bone along the profile, and improperly fractured bones.

The goal of rhinoplasty, whether as a first time or reparative procedure, is the enhancement of the appearance of the entire face by addressing those features of the nose that are viewed as out of place or unattractive, and as a result, draw attention away from other facial features. By restoring the nose so it is in harmony with the rest of the face, the results should then be seen in the eyes.



Before and after primary rhinoplasty

Before and after revision rhinoplasty

Computer imaging is especially useful in providing patients with realistic goals. Pictured are before and after photos with the computer rendering.



Before

Computer Imaging

Actual Results