

Restore & Renew

SALTZ HAIR



A comprehensive, medically guided approach to restoring healthier, fuller hair. Hair restoration blends science and art, addressing hair loss with tailored, multi-faceted treatment plans. This guide explores the biology of hair growth and the advanced techniques—both surgical and non-surgical—that achieve natural, lasting results.

Saltz Plastic Surgery & Spa Vitória

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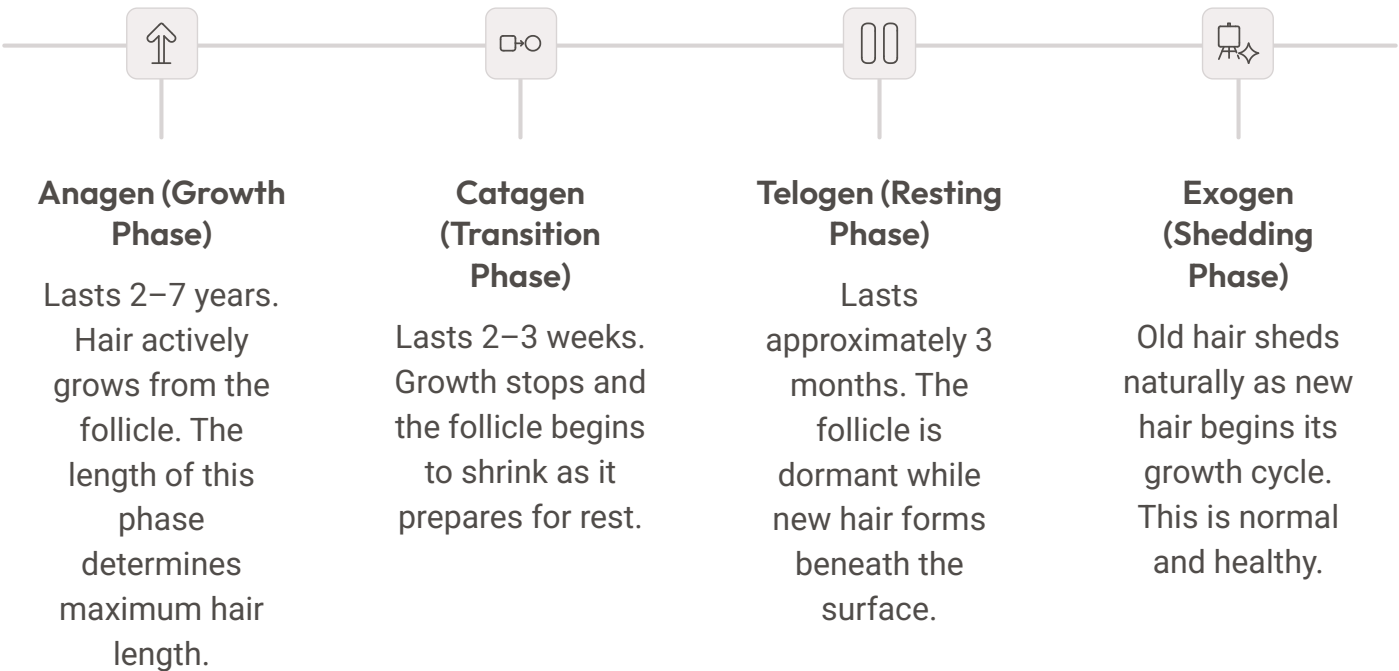
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PLASTIC SURGERY SPA VITÓRIA

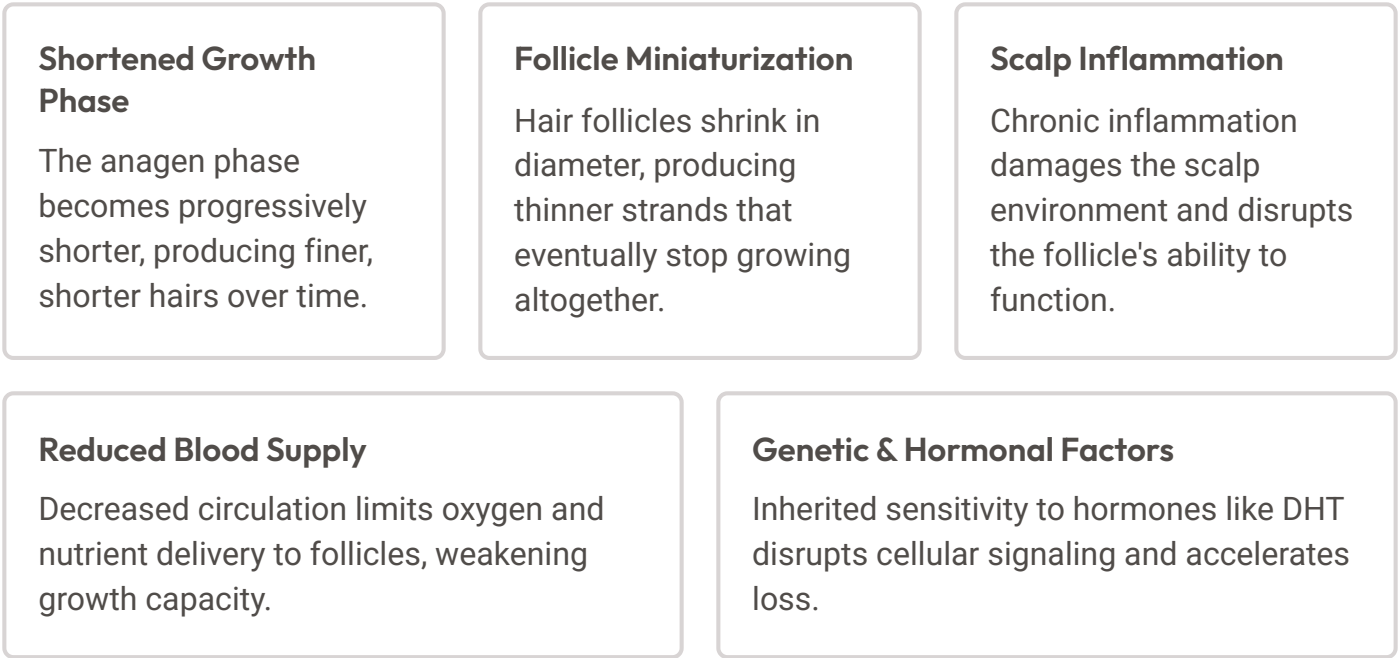
The Biology of Hair Growth

Hair grows in cycles. Disruption at any point in the cycle can result in thinning or hair loss. Understanding these phases is essential to understanding how treatments work.



Why Hair Loss Happens

Hair loss occurs when normal cycling is disrupted. Modern hair restoration focuses on extending the anagen phase, reviving dormant follicles, and improving scalp health.



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NeoGraft Hair Transplant (FUE)

A minimally invasive follicular unit extraction (FUE) hair transplant technique that represents the gold standard in surgical hair restoration. This advanced method creates natural, permanent results.



Follicle Harvesting

Individual follicles are precisely harvested from healthy donor areas



Graft Preparation

Grafts are carefully sorted and prepared under magnification



Artistic Placement

Grafts are artistically placed to mimic natural hair growth patterns



Permanent Results

Transplanted follicles are genetically resistant to future hair loss

Procedure Time

4–8 hours depending on graft count. The procedure is performed in a single session with breaks for comfort.

What It Feels Like

Performed under local anesthesia. Patients remain awake and comfortable throughout the procedure.

38-year-old patient, 14 months after NeoGraft hair transplant surgery



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Hair Transplant Recovery Timeline

Understanding the healing and growth phases helps set realistic expectations. Hair transplantation is a process that unfolds gradually over 12–18 months.



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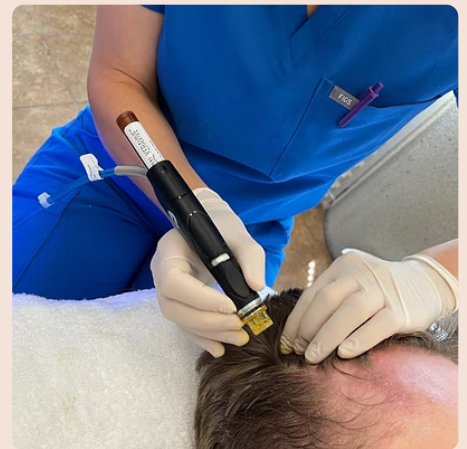
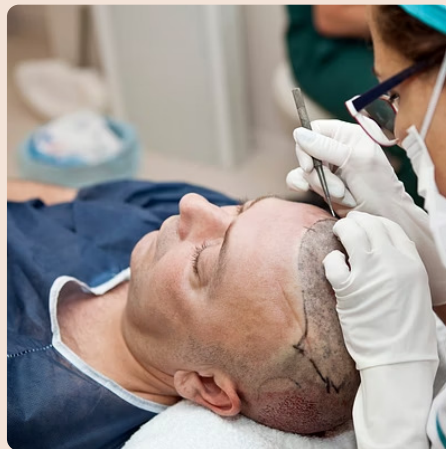
Post-Transplant Enhancement Treatments

Keravive, Sylfirm X, and Exosomes are typically introduced **3 months after hair transplant surgery**. This timing allows grafts to establish before introducing treatments.

These Treatments Help:

- Support graft survival and strengthen transplanted follicles
- Improve overall scalp health and circulation
- Enhance density and thickness in both transplanted and native hair
- Maintain long-term results and prevent future loss
- Optimize the scalp environment for continued growth

📌 **Important:** Always wait for your surgeon's clearance before beginning any post-transplant treatments. Individual healing timelines may vary.



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Sylfirm X + Exosomes

A next-generation RF microneedling treatment combined with regenerative exosomes. This advanced combination delivers controlled thermal energy to improve blood flow and circulation, while exosomes provide anti-inflammatory and regenerative signals that help awaken dormant hair follicles and enhance the scalp's overall regenerative capacity.

01

Microneedling Creates Micro-Injuries

Controlled micro-injuries trigger the body's natural healing response and allow deeper penetration of active ingredients.

02

RF Energy Reduces Inflammation

Radiofrequency energy targets abnormal blood vessels and reduces chronic inflammation that disrupts follicle function.

03

Exosomes Stimulate Follicles

Regenerative exosomes deliver cellular signals that awaken dormant follicles and promote new growth.

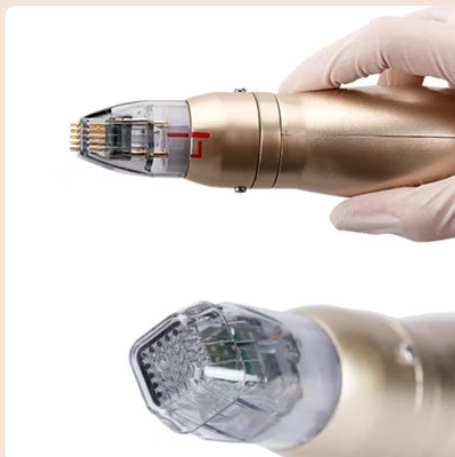
Treatment Details

- Treatment time: approximately 60 minutes
- Sensation: mild to moderate heat and pressure
- Zimmer cooling, nitrous oxide, and oral pain relievers are used to maximize patient comfort.
- Downtime: redness or tenderness for 24–48 hours

Expected Results

Series of 3–4 treatments spaced 4–6 weeks apart delivers optimal outcomes.

Reduced shedding begins in 6–8 weeks. Visible regrowth and thickening become apparent in 3–6 months.



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Keravive by Hydrafacial

What It Is

A medical-grade scalp treatment that cleanses, exfoliates, and hydrates the scalp while delivering growth-factor-rich peptides directly to the follicles.

How It Works

- Removes oil, debris, and dead skin from hair follicles
- Improves circulation and oxygenation to the scalp
- Creates an optimal environment for hair growth



Treatment Time

45–60 minutes

What It Feels Like

Cooling, soothing suction with no pain

Downtime

None

Treatment Plan

Monthly for 3 months, then maintenance

Results begin with reduced shedding in 4–6 weeks, followed by healthier scalp and improved hair quality in 2–3 months.

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Viviscal Professional Supplements

What It Is

A clinically studied oral supplement designed to nourish hair follicles from within. This pharmaceutical-grade formulation supports the entire hair growth cycle.

How It Works

- Provides marine collagen, biotin, zinc, and iron
- Supports keratin production for stronger strands
- Prolongs the hair growth phase
- Improves overall hair quality and resilience



How to Take

Twice daily with food for optimal absorption and consistent results.



When to Expect Results

Reduced shedding in 2–3 months. Improved thickness and strength in 4–6 months.



Best Used With

Combines synergistically with topical and in-office treatments for enhanced outcomes.



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Combined Treatment Results Timeline

When surgical and non-surgical treatments are strategically combined, results are optimized at every stage. This integrated approach produces superior density, health, and longevity.

Months 1–3

Healthier scalp environment, reduced shedding, improved follicle health. Non-surgical treatments begin optimizing conditions.

Months 3–6

Visible regrowth begins. Transplanted follicles start producing new hair. Native hair shows increased vitality.

Months 6–12

Increased density becomes apparent. Hair thickens and strengthens. Results become increasingly natural.

Months 12–18

Final surgical results are achieved. Hair reaches full maturity, thickness, and natural appearance.

Maintenance treatments continue beyond 18 months to preserve results and support ongoing hair health. Long-term success requires ongoing commitment to scalp wellness.



Are You Ready for a Hair Transplant?

This self-assessment helps determine your readiness for surgical hair restoration. Answer each question honestly to understand where you are in your hair restoration journey.

1

My hair loss has been stable for at least 12 months

Stability indicates pattern is established, making surgical planning more predictable.

2

I have noticeable thinning or bald areas

Visible loss with adequate donor hair makes you a potential candidate.

3

I have tried non-surgical treatments consistently

Medical therapy first helps determine if surgery is necessary.

4

My donor area feels dense

Adequate donor supply is essential for successful transplantation.

5

I understand results take time

Patience and realistic expectations are critical for satisfaction.

6

I want permanent improvement

Transplantation offers lasting results unlike temporary solutions.

7

I am willing to maintain results long-term

Ongoing care preserves both transplanted and native hair.

Score: 0–2

Start with non-surgical treatments to optimize your foundation

Score: 3–5

Combination therapy may be ideal for your situation

Score: 6–7

Strong candidate for transplant consultation

Frequently Asked Questions

Do women get hair transplants?

Yes. Women are often excellent candidates, particularly for thinning at the part, temples, or hairline. Female pattern hair loss responds well to FUE when appropriate.

Do I need to shave my head?

Not necessarily. Partial or discreet shaving is often possible depending on the treatment area and desired graft count. Options can be discussed during consultation.

Is hair restoration permanent?

Transplanted hair is permanent and genetically resistant to loss. Non-surgical treatments require ongoing maintenance to sustain benefits.

Will it look natural?

When properly planned and executed by an experienced surgeon, results are completely undetectable. Artistic placement mimics natural growth patterns.

When can I return to work?

Most patients return to work within 3–5 days. Visible healing is typically minimal and easily concealed with strategic styling.

Does transplantation hurt?

Local anesthesia ensures comfort throughout the procedure. Most patients report minimal discomfort during and after treatment.

Why Choose Our Practice

Hair restoration success depends on expertise, artistry, and comprehensive planning. Our integrated approach combines surgical precision with medical-grade non-surgical support.



Physician-Led Care

Treatment plans are guided by **Dr. Renato Saltz**, a board-certified plastic and reconstructive surgeon with decades of aesthetic expertise.



Surgical Excellence

Surgical planning is informed by extensive experience in aesthetic and reconstructive procedures, ensuring artistry and precision.



Expert Aesthetic Support

Non-surgical treatments are performed by licensed master aestheticians trained in advanced medical-grade protocols.



Integrated Planning

We create long-term, layered treatment strategies rather than offering isolated procedures. Your plan evolves with your goals.



Natural Results

Our focus is on achieving outcomes that are durable, medically sound, and completely natural in appearance.



Patient-Centered Care

Every treatment plan is customized to your unique hair characteristics, goals, and lifestyle.

Your Hair Restoration Journey Begins Here

The most successful hair restoration plans are customized, layered, and medically guided. There is no universal solution—only personalized strategies designed around your unique biology, goals, and timeline.

Whether you're exploring non-surgical options, considering a transplant, or seeking to enhance previous treatments, the first step is understanding what's possible for you.

Schedule a personalized consultation to determine the right approach for your hair, your goals, and your future. We'll assess your hair loss pattern, discuss your expectations, and create a comprehensive plan tailored to your needs.

Ready to start your transformation?



Visit Our Locations in Utah

Salt Lake City:

5445 S. Highland Dr. SLC, UT 84117

Park City:

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Schedule Your Consultation

Begin your transformation journey

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