

A simple guide to hair loss treatments

Five treatment pathways, explained clearly so you can feel more informed before your consultation.

CONSULTATIONS AT TWO LONDON PREMISES

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Information guide only. Treatment suitability and availability are confirmed during consultation.

Finding the right path

Hair loss is personal. The best option depends on the cause, the condition of your follicles, your goals and whether you prefer a surgical or non-surgical approach.

01 Laser hair therapy

Non-invasive light-based support for suitable active follicles.

02 Hair transplant

A surgical option that moves healthy follicles to areas of hair loss.

03 Hair systems

A custom, non-surgical way to create an immediate fuller appearance.

04 Injectable / PRP

A clinical procedure using platelet-rich plasma from your own blood.

05 Alopecia assessment

Identify the pattern or trigger before selecting a treatment plan.

ALSO INCLUDED

Male hair loss patterns - page 08

Female hair loss patterns - page 09

Medication options - page 10

Laser hair therapy

Low-level therapeutic light is used to support blood flow around the scalp and stimulate suitable, active hair follicles. It is a comfortable, non-invasive option with no surgical recovery.

WHAT A TYPICAL COURSE MAY INVOLVE

- i A detailed hair and scalp analysis before treatment begins.
- ii Short clinic sessions, often around 20 minutes.
- iii Regular progress checks and photographs during the course.
- iv A personalised plan that may include appropriate scalp or hair-care products.

MAY SUIT

People with early thinning, pattern hair loss or certain shedding conditions where follicles remain active.

GOOD TO KNOW

Improvement is gradual and can take several months. Results vary, and ongoing care may be recommended.



LASER HAIR THERAPY

Hair transplants

A hair transplant moves healthy follicles from a donor area, usually the back or sides of the scalp, to areas affected by hair loss. The aim is natural-looking growth using your own hair.

THE TREATMENT JOURNEY

01

Consultation

Assess the donor area, hair-loss pattern, health and expectations.

02

Procedure

Usually carried out as an outpatient procedure under local anaesthetic.

03

Recovery

Many people return to work within days; complete healing takes longer.

04

Growth

New growth develops gradually, with fuller results commonly assessed over 6 to 15 months.

IMPORTANT

This is a surgical procedure. A qualified clinical team must confirm suitability, explain risks and provide aftercare guidance.



HAIR TRANSPLANT PLANNING

Non-surgical hair systems

A hair system is a precision-made hair replacement designed to blend with your natural hair. It can create an immediate, fuller look without surgery.

DESIGNED AROUND YOU

01

Colour

Matched to your natural shade.

02

Texture

Selected to blend with your own hair.

03

Density

Adjusted for a believable, balanced finish.

04

Hairline

Customised to suit your features.

EVERYDAY CARE

Maintenance appointments are often needed around every four weeks.

You can sleep, shower and exercise while wearing a professionally fitted system.

Swimming is possible; rinse before and after, then use suitable conditioning care.



CUSTOM HAIR SYSTEM FITTING

Injectable / PRP therapy

Platelet-rich plasma (PRP) therapy uses a concentrated portion of your own blood. Growth factors within the plasma are injected into selected areas of the scalp to support follicle and tissue repair.

HOW IT WORKS

1

Blood sample

A small sample is taken from your arm.

2

Preparation

A centrifuge separates platelet-rich plasma.

3

Treatment

PRP is injected into targeted scalp areas.

TYPICAL EXPECTATIONS

45–60m An appointment often takes about 45 to 60 minutes.

3–6 A course may involve 3 to 6 sessions, usually spaced several weeks apart.

24–48h Mild redness, swelling or tenderness can occur for 24 to 48 hours.

Ongoing Maintenance sessions may be recommended depending on your response.



PRP TREATMENT PREPARATION

Alopecia and other causes

Alopecia is a broad term for hair loss. Understanding the pattern and possible trigger is the first step, because different conditions need different forms of care.

01 Pattern hair loss

Gradual thinning linked to genetics and hormones. It affects men and women differently.

02 Alopecia areata

An autoimmune condition that often causes smooth, round patches of hair loss.

03 Telogen effluvium

Diffuse shedding that may follow stress, illness, childbirth, dietary changes or medication.

04 Traction alopecia

Hair loss caused by repeated pulling from tight styles or harsh hair practices.

WHEN TO SEEK MEDICAL ADVICE

Arrange an assessment if hair loss is sudden, patchy, painful, inflamed, associated with illness, or causing significant concern.



HAIR AND SCALP ASSESSMENT

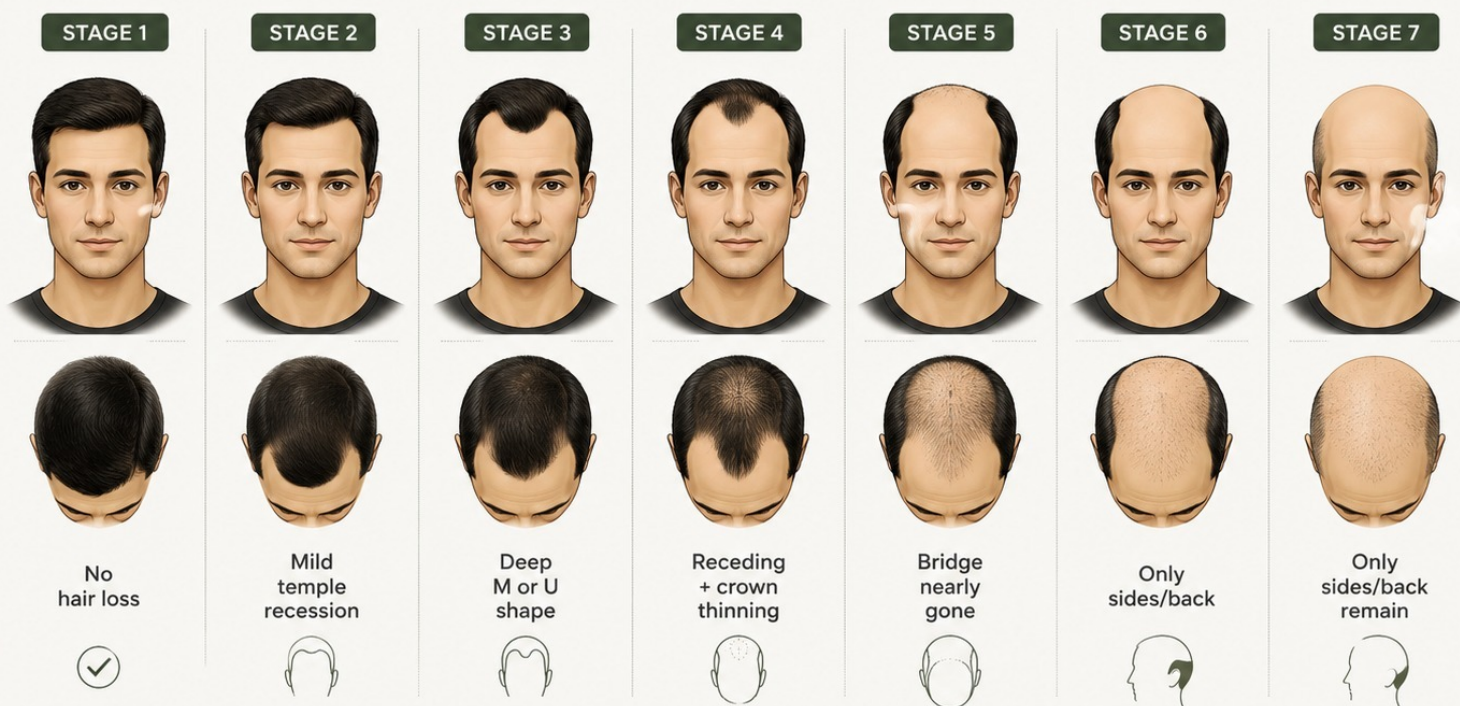
Men's hair loss patterns

The Hamilton-Norwood scale illustrates common stages of male pattern baldness.



STAGES OF MALE PATTERN BALDNESS

(HAMILTON-NORWOOD SCALE)



EXPERT CARE



ADVANCED DIAGNOSIS



PERSONALISED TREATMENTS



SUPPORT AT EVERY STEP



REAL RESULTS. REAL CONFIDENCE.



HAIR LOSS CLINIC
RESTORE CONFIDENCE. RESTORE YOU.

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Women's hair loss patterns

The Ludwig scale illustrates common stages of female pattern hair loss.



HAIR LOSS CLINIC
RESTORE CONFIDENCE. RESTORE YOU.



STAGES OF FEMALE PATTERN HAIR LOSS

LUDWIG SCALE

Female pattern hair loss is usually a gradual process. Early assessment and treatment give the best results.

STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	STAGE 7
						
						
No noticeable hair loss	Mild thinning, minimal widening of part	Thinning becomes visible, widening of part	Moderate thinning, more scalp visible	Moderate to advanced thinning on top	Advanced thinning, extensive scalp visible	Severe thinning, very little hair density on top
						


YOU ARE NOT ALONE.
 We're here to help you with expert care and personalised treatment at every stage.


EXPERT CARE


ADVANCED DIAGNOSIS


PERSONALISED TREATMENTS


SUPPORT AT EVERY STEP


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Medication options

Medication can support hair retention or regrowth for suitable patients. The right choice depends on the diagnosis, medical history and other medicines.



TOPICAL AND ORAL TREATMENT OPTIONS

01 Minoxidil solution

TOPICAL

Applied directly to the scalp to help slow pattern hair loss and support regrowth. Scalp dryness, irritation or temporary shedding can occur. Continued use is normally needed to maintain benefit.

02 Minoxidil tablets

PRESCRIPTION / OFF-LABEL

May be considered when topical treatment is unsuitable. Clinical monitoring is important because blood pressure changes, dizziness, swelling, a faster heartbeat or unwanted body hair can occur.

03 Finasteride

PRESCRIPTION

Helps reduce DHT in male pattern hair loss. Discuss possible sexual and mood-related side effects with the prescriber. It is not suitable for women who are pregnant or may become pregnant.

04 Dutasteride

PRESCRIPTION / OFF-LABEL

Also reduces DHT and may be considered by a specialist. Its use for hair loss is generally off-label in the UK. Similar sexual and mood-related safety considerations apply.

IMPORTANT

Medication must follow an individual consultation. Do not start, stop or combine treatments without a prescriber. Benefits and side effects vary, and ongoing treatment may be needed to maintain results.

Start with a confidential consultation

A consultation and hair analysis can help identify the likely cause, discuss your goals and explain which options may be suitable. Appointments are available at our two London premises.

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EXPLORE THE TREATMENTS

hairlosttreatmentclinics.co.uk/our-treatments/

This booklet provides general information and does not replace medical advice. Treatment availability, risks, benefits and suitability must be discussed with an appropriately qualified clinician. Results vary.