



Treatment of Androgenetic Alopecia (AGA) Combining HaiRestart and PRP Application

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Introduction:

A young healthy male with no previous conditions presented with a complaint of hair loss during the 6 to 10 months prior to his consultation. He was diagnosed with androgenetic alopecia. No previous medical treatments had been applied, except for OTC shampoo for hair loss without any result or improvement. He was encouraged to start hair restoration treatment stimulated through a combination of Er:YAG laser and Plasma Rich Platelet (PRP) therapy.

Laser	Fotona Er:YAG Laser	
	Step 1	Step 2
Pulse type	SMOOTH Mode	SP - Turbo 3
Fluence	7.5 J/cm ²	30 J/cm ²
Frequency	3.3 Hz	4 Hz
Handpiece	PS03	PS03
Spot size	5 mm	3 mm
Passes	4	6-10
Overlapping	No	No
Cooling	No	No
Tx Interval	3 sessions – 1 per month	



After graduating with a Doctorate in medicine and surgery, Dr. Roberto Valdivia Sing obtained his Advanced Master Training in aesthetic and anti-aging medicine from John F. Kennedy University in Buenos Aires, Argentina and the Pinto Institute Europe based in Belgium. He is currently a board member of the Costa Rican association of longevity and aesthetic medicine. His private practice is based in Escazú, Costa Rica. He is passionate and committed to laser research and innovation.

CLINICAL CASE:

The first step of the treatment was focused on providing thermal stimulation using an extra-long SMOOTH mode train of Erbium pulses. To perform this, straight rows are cleared of hair by using manual separation (see example picture below). Each row is treated from the hair insertion line in the forehead area, all the way back to theinion located at the posteroinferior part of the skull. The rows extend from the left to right temporoparietal lines and are planned every 5 mm, so by using a 5 mm spot size, no space is left between them and the complete surface is treated.

A total of 4 passes were performed on the whole area (one back and forth pass on a row is considered one pass).

The second step uses the same hair separation technique. SP Turbo3 ablative mode is used in order to produce small 100-micron epidermal perforations to facilitate penetration of 5 cc of PRP. Small 3 mm fractional spots are used in order to avoid damaging healthy hair by focusing the beam on the center of the row of split hairs. The rows are treated in a single pass of only one direction (not back and forth) and cover the same scalp area described in the first step. This process is painless.

PRP is applied by simply rubbing it thoroughly in a circular motion over the pre-drilled area. Post-treatment, the patient can resume normal hair washing after 48 hours.

After the treatment sessions were completed, the patient was scheduled for a follow-up evaluation four months later.

Hair separation technique example



Before



Four-month follow-up



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