

HAIR REPLACEMENT ADVICE

Hair loss and hair thinning can be very stressful. Some people find it the hardest part of having cancer and its treatment. This is understandable considering that our appearance is closely linked to our feelings of self esteem. Trying to accept sudden changes in your looks that you are not happy with can be very hard. It's not unusual for people who have lost their hair to feel a bit angry and depressed. You may feel worried about how your friends and family see you. And you may think that you are no longer as physically attractive to your partner.

A certain amount of hair loss is normal – most people lose between 50 and 100 hairs a day, which fall out naturally to be replaced by new growth. However, some people may experience excessive (more than normal) hair loss. Hair loss of this type can affect men, women and children. There are few factors that cause excessive hair loss. Stress, pregnancy and hormonal problems are some of the causes.

Some people accept hair loss as a fact of life but for most others it's a source of anxiety and depression. It is easy for those with a full head of hair to say it's vain to want hair but baldness makes one look older and exaggerates existing facial aging. Baldness is the cause of the vast majority of cases of hair loss and can affect you on many levels. It not only changes your appearance but can change your self-image and other's perception of you. With realistic expectations hair replacement and hair transplant surgery can be life changing.

In order to treat your hair and scalp effectively we would recommend that you have a diagnosis made as soon as possible by one of our experienced trichologists. Close examination of the hair and scalp and a thorough check of your medical history will allow us to diagnose your problem correctly and recommend the correct treatment. Remember that [hair replacement surgery](#) can enhance your appearance and your self-confidence, but the results won't necessarily match your ideal. Before you decide to have surgery, think carefully about your expectations and discuss them with your surgeon.

It's important to understand that all [hair replacement](#) techniques use your existing hair. The goal of surgery is to find the most efficient uses for existing hair.

Surgical hair restoration or replacement is a fairly simple and safe procedure. It is surgery though, so finding a qualified doctor and being aware of the risks, including infection are important to achieving success. Hair replacement surgery involves transplanting plugs of skin from areas of the scalp that still have hair to those that don't. Several sessions may be required, depending on the size of the bald patch. And it may be a couple of years before the final results can be seen.

Hair replacement candidates must have healthy hair growth at the back and sides of the head to serve as donor areas. Donor areas are the places on the head from which grafts and flaps are taken. Other factors, such as hair color, texture and waviness or curliness may also affect the cosmetic result. There are a number of techniques used in hair replacement surgery. Sometimes, two or more techniques are used to achieve the best results.

About the Author

Miranda Grey, independent researcher for hair loss problems, specializing in [hair replacement](#) decision.

Source: <http://www.tntarticles.com>