

CARE FOR A HAIR RAISING EXPERIENCE?

by Wilson Thomas

Coimbatore: Hair loss is among the commonest beauty and health issues that have troubled people at all times. Along with obesity and skin problems, it is one of the mainstays of the beauty industry. People with receding hairlines are increasingly turning to hair transplantation giving the traditional 'herbal' hair oils and hair growth stimulating capsules a run for their money.

As there are a number of hair restoration methods in the market, people are often in a dilemma about what would give them the best result.

These however don't come cheap. Surgical hair transplantation can cost up to ₹10 lakh depending on the extent of baldness. The cost for a single hair graft varies from ₹40-200 at different hair transplant centres. Depend-

ing on the person, a maximum of 3,000 to 5,000 hair grafts can be made.

In a single session 2,500-3,000 grafts can be done. Coimbatore city sports a number of boards of hair fixing centres and Yellow Pages lists a number of hair care clinics.

Though restoration methods like hair weaving and hair fixtures had been tried out by hundreds in the city, the new trend is surgical transplantation notwithstanding the excruciating pain one has to undergo.

"Surgical hair restoration methods became popular in the city very recently though they were introduced in the

metros a few years ago. These costly methods are done in a scientific way, ensuring the desired result," claims **Vikram Kumar, surgeon, Nova Cosmetic Surgery Centre, RS Puram.** In the transplant restoration method, hair is moved from the back of the head (donor area) to the bald area in the front or the vertex region (recipient area).

Hair taken from the 'permanent hair region' - the back of the head - is genetically resistant to baldness. The strip method and follicular unit extraction (FUE) are the most widely used surgical methods for hair transplantation.

"In the strip method, a strip is taken from the back of the head and individual hair grafts are harvested for the transplant. In the FUE method, hair grafts are harvested directly from the back of the head with a microscopic instrument and transplanted in

the bald area," says V Raghu of Sushruta Cosmetic and Laser Surgery Centre, Peelamedu.

The whole hair transplant procedure is done under local anaesthesia by giving an injection which is usually painless. The patient is completely awake during the procedure. However, experts say that hair transplant procedure must be done by trained plastic surgeon to avoid other ill effects.

Apart from the surgical method, hair fortifying capsules and lotions are other options. Old methods similar to the use of wigs such as clip type and pasting type are also very common.

"These methods are mostly used by middle class people who cannot afford the transplant methods. We still get two or more customers a day," says Anil Kumar of Bald Care, that offers the less wealthy such services too.

People with receding hairlines are increasingly turning to hair transplantation, giving the traditional 'herbal' hair oils and hair growth stimulating capsules a run for their money. Transplantation, however, isn't cheap



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