

Beware if You Lose a Hundred Strands Everyday

No one is free from the menace of baldness and hair loss. If you find yourself losing hair or going bald, you must first find out the underlying causes without delay.

A normal person has over a hundred thousand strands of hair on his/her scalp, and about 50 to 100 strands are lost everyday. If you are losing over a hundred strands, or you think that your hair is getting weaker and weaker day by day, you may need to seek early medical consultation.

Causes of Hair Loss

The causes of hair loss or baldness are numerous. If the cause is disease-related, the accompanying hair loss may improve as soon as the patient is fully recovered. Other hair problems like Alopecia Areata (an autoimmune disease), post-pregnancy hair loss and chemotherapy - or radiotherapy-induced hair loss, are temporary.

Hair transplantation is only suitable for treating premature hair loss and baldness caused by male hormone. A chemical substance called DHT stimulates the follicular receptors, shortening the hair growth cycle. If inundated with excessive DHT, the follicles will even undergo gradual shrinkage. Hair at the forehead and temples is particularly vulnerable to excessive DHT. In fact, both male and female are just the same easy victim to DHT-induced baldness.

Hair & Eyebrow Transplantation Surgery

The distribution and growth direction of every strand of hair are meticulously studied by the surgeon at the time of surgery. In regard to androgenic alopecia (male pattern baldness), a patient may undergo a total of 3 to 4 hair transplantation surgeries at a 6-month interval between each session.



During the surgery, the surgeon harvests a strip of skin from the posterior scalp. The strip is approximately 2x8 cm in size. Individual follicles are then dissected under the microscope. As each follicle houses approximately 1 to 3 strands of hair, the whole skin strip may have about 500 to 600 follicles (1200 to 1500 strands of hair). The surgeon may also use a circular-bladed knife to extract a single hair follicle, leaving only miniscule, self-healing wounds. Such scarless method is also used in eyebrow transplantation. This treatment is suitable for patients with sparse eyebrows or eyebrow scars.

The surgeon then uses a fine needle to insert every strand of hair in the marked site, leaving only wounds of minis-

cule size to heal with crusting. The wound in the back of the scalp is sutured, and its scars are usually hidden from sight under the hair. If more transplantations are necessary later, another skin strip is harvested from the same site, making no new scar in the area.



Post-Surgery Care

1. Follow your doctor's instruction and take medicine on time.
2. You need to return to the Centre for hair washing 1 or 2 days after surgery. Come back for stitch removal 7 to 12 days after surgery.
3. You can wash your hair on your own 1 or 2 days after surgery. Rinse your hair with clean water. Do not scratch your hair. Dry the area with a towel, not hair drier.
4. Red spots and crusting may appear in your scalp. They are normal reactions after surgery, and will disappear a few days later.
5. Fasting is not required on the day of surgery.

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警報 每天脫髮百條

不論男女，都有可能受禿頭及脫髮困擾。如發現頭髮脫落、禿頭、頭髮稀薄及髮線後退，必須先找出箇中成因，方能對症下藥。

正常人的頭皮一般有10萬條頭髮，每天會脫掉50至100條。如果每天脫髮逾100條，或頭髮變得脆弱，就要及早求診。

脫髮原因

脫髮或禿頭的成因眾多。倘若診斷證實是疾病導致脫髮，一經治癒，脫髮情況一般都能順利解決。而因自身免疫力異常所引起的斑禿(俗稱鬼剃頭)、孕婦產後脫髮，以及癌症患者因接受化療或電療而引致的脫髮，多屬暫時性質。

植髮只適用於由男性荷爾蒙引致的過早脫髮及禿頭。男性荷爾蒙含有二氫睪丸脂酮(DHT)，會刺激毛囊受體，縮短頭髮的生長期。若頭髮毛囊積聚大量DHT，會令頭髮毛囊漸漸收縮，其中尤以前額及兩側髮鬢最易受DHT的影響。不單男性會有男性荷爾蒙禿頭，女性亦會受DHT影響，令頭髮變得稀薄。

植髮或植眉手術

醫生會於手術期間細心研究每一株頭髮的分佈及生長方向。以改善「地中海」禿頭為例，一般要進行約3至4次手術，每次相隔約6個月。



手術期間，醫生會先在後枕切割1條2厘米X8厘米的頭皮，然後在顯微鏡下將頭皮內的毛囊逐一分開。每個毛囊正常會有1至3根頭髮，換而言之，2厘米X8厘米的頭皮會有約500有至600個毛囊(1200至1500根頭髮)。醫生亦會用精細的圓形切刀，將單一毛囊從頭皮連髮根取出。傷

口微細之餘，亦會自行痊癒。植眉手術亦多用此無疤方式進行，適合眉毛較少或眉毛位置有較多疤痕的人士。

分割完成後，醫生會用微小的刺針將毛囊逐一植入額頂，傷口微細之餘，亦會自行痊癒。切割頭皮的傷口要用縫針收補，而遺下的疤痕一般都會被頭髮覆蓋。如病人往後要接受多於一次的植髮手術，醫生會在後枕的同一位置切割頭皮。手術不會增加後枕疤痕的數目。



手術後護理

1. 請遵照醫生指示定時服藥。
2. 在手術後1至2天返回中心洗頭。接著於手術後7至12天到中心拆線。
3. 手術後3天可自行洗頭。記緊要用清水輕輕清洗，切勿用指甲抓頭髮。用手巾印乾手術位置，不要使用風筒。
4. 手術完成後，頭皮會出現紅點及結痂。兩者均屬正常現象，會於數天後漸漸消散。
5. 手術進行當日無須禁食。



專科診症，歡迎致電本中心預約

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