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Hair transplant: Meeting the expectations

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In the present time of cosmetic practice, hair transplant has emerged as the most common and sought-after aesthetic procedure by males worldwide. With the popularity of the procedure, comes the new challenges faced by the surgeon in meeting the ever-increasing demands of the patients, over the top expectations from them and sometimes unrealistic as well. And to top it all, the awareness of the patient, thanks to the loads of information available on the internet, keeps you on your toes to learn the new techniques, adopt new technology and provide them with the latest treatments available. The treatment for alopecia can be surgical, medical or a simple camouflage in the cases where no treatment can give the satisfactory result/or treatment options are not available. It also depends on the type of alopecia that the patient is suffering from. Patient must be evaluated with detailed history, including the family history of baldness patterns, previous medications, surgery and the examined thoroughly to evaluate what is the best option as a treatment for him/her. Pharmacotherapy includes FDA approved Minoxidil (topical) and oral Finasteride. Other drugs are Dutasteride, Ketoconazole, Spironolactone, Cyclosporine A and micronutrients. Local injectable therapies are also getting very popular in the clinics, which include mesotherapy, PRP (platelet rich plasma) and latest in the regenerative medicine for the hair, adipose derived stem cells. Surgical treatment is the gold standard for hair loss problem and the two broad categories for techniques are FUT-strip (Follicular Unit Transplant) and FUE (Follicular Unit Extraction). Before these techniques, surgical transposition flaps, expanders and scalp reduction techniques were employed, which didn't give aesthetic results. Depending on the extent of baldness, availability of the donor hairs and the preferences of the patient, either of the two or combination of the two techniques is done to give the best aesthetic results possible.

Biography

Lokesh Handa is an experienced Cosmetic and Hair Transplant Surgeon. He started his clinical practice in New Delhi, where he utilized his skills in trauma and reconstructive surgeries, cleft surgeries (in association with Smile Train) and started his cosmetic practice, with major work in hair transplant. He has also worked as a Senior Consultant for 2 years in a leading chain of hair transplant clinics across North India. He has participated in many aesthetic surgery workshops and conferences and gained a lot of clinical experience from the reputed plastic surgeons. He is also the Member of International Society of Aesthetic Plastic Surgeons; Association of Plastic Surgeons of India and Indian Association of Aesthetic Plastic Surgeons.

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