As one of the leading hair restoration surgeons in Ireland, Dr. André Nel, of The Hair, Skin & Wellness Clinic, began his career in general medical practice and emergency medicine, before specialising in hair transplant surgery.

WITH over 10 years of experience in this field Dr. Nel is registered to practise medicine in Ireland, the UK, South Africa and Canada. He has worked with world renowned hair restoration surgeons such as Dr. Bijan Feriduni and Dr. Mark DiStefano, and is a member of the ISHRS and Diplomate of the ABHRS.

Why does hair loss occur in men?

Androgenetic Alopecia (Male Pattern Hair Loss) is passed on via genetic predisposition, from the maternal or paternal side of the family and it can go back several generations. Men inherit Androgen Receptors (ARs), which are present on certain hair follicles. Dihydrotestosterone (DHT) binds with the ARs on hair follicles and causes miniaturization of hair follicles. The balding process is therefore mediated by the genetic code. At some point in the miniaturization process the hair follicles reach a point of no return and disappear. The only way those bald areas can then be restored is by doing hair transplant surgery.

Medical and Mesotherapy treatments

There are several medical treatment options in the arsenal of which Finasteride, Minoxidil, Ketoconazole shampoo and some nutraceuticals such as Zinc, Selenium, Pumkin seed and Serenoa repens (Saw Palmetto) form the core. There are also Meso-therapie treatments available such as Micro-needling, PRP and Low Level Light Therapies, all of which contribute towards maintaining a healthy blood supply to the hair follicle.

What does hair transplant surgery entail?

Dr. Nel comments: “During hair transplant surgery we harvest strong, healthy hair follicles, that don’t have ARs, from the safe donor area located on the back and sides of the scalp, and transplant them into areas affected by hair loss. This can be done by either Follicle Unit Excision (FUE), or Follicle Unit Strip/Transplant (FUS/T) or a combination of both.” There are other less invasive treatments also available, such as Scalp Micropigmentation (SMP). Dr Nel continues: “We make superficial tattoo dots on the scalp that diminish the reflection of light from the scalp, and thereby enhances the illusion of denser hair.”

Who should I speak to about hair restoration?

“Hair restoration clinics that have sales representatives usually work on a sales incentive basis and are not in a position to give an objective opinion. It is always better to consult directly with an experienced hair transplant surgeon in this field, who takes your concerns to heart and provides you with a realistic and achievable surgical plan that will stand the test of time.”

At The Hair, Skin & Wellness Clinic the consultations are always done by Dr Nel. The assessment is thorough and covers all aspects of the patient’s hair loss, their medical history, hair characteristics and scalp condition. All questions are answered, and a medical and surgical treatment plan is discussed. This is followed by a comprehensive medical report, to be used as a reference for decision making.

Travelling abroad

When considering a hair transplant it is very important to do thorough research of the various clinics who provide the service. Undergoing hair transplant surgery is a big decision – emotionally, mentally and financially. Going abroad to clinics who sell hair transplants at cheap rates comes with high risks. There is no such thing as a discount hair transplant.

Dr. Nel concludes: “Quality is always the result of high intention, sincere effort, intelligent direction and skilful execution. At The Hair, Skin & Wellness Clinic we are proud of the quality results we deliver with each and every hair transplant. Hair transplant surgeries have proven to be very successful in the right hands. Our primary focus is to achieve the goals and objectives set between us and our patients.”

For more information visit www.hair-skin-wellness.com or call (01) 6191410 to book your confidential consultation.