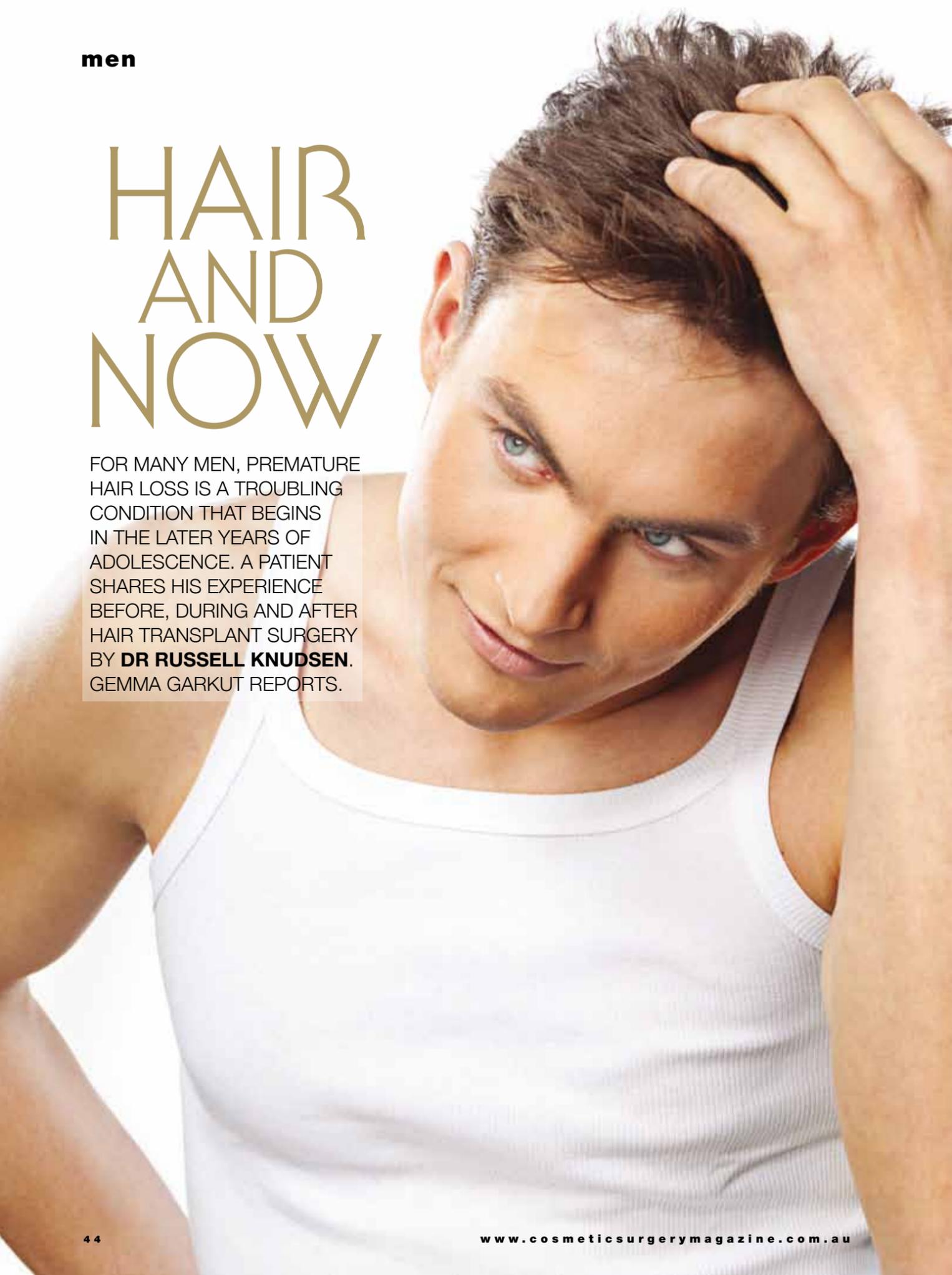


HAIR AND NOW

FOR MANY MEN, PREMATURE HAIR LOSS IS A TROUBLING CONDITION THAT BEGINS IN THE LATER YEARS OF ADOLESCENCE. A PATIENT SHARES HIS EXPERIENCE BEFORE, DURING AND AFTER HAIR TRANSPLANT SURGERY BY **DR RUSSELL KNUDSEN**. GEMMA GARKUT REPORTS.



BEFORE



AFTER hair transplant surgery by Dr Knudsen



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Kevin began to notice a steady thinning of his hair in high school, causing him to feel self-conscious about it ever since. 'I started noticing my hair loss when I was about 17 and it's always subtly affected my confidence at work and socially,' he says. 'I felt far too young to be looking as old as I did, and I was the only one in my family who was experiencing hair loss at such a young age.'

After trying various different hair restoration products and techniques, Kevin decided to look into a more permanent treatment option at age 25 in the hope of achieving the results he was looking for. 'I went to see Dr Knudsen in Canberra, as I had heard he was a reputable hair restoration doctor who made regular visits to the Canberra region. I had tried so many other techniques that had failed, so I was hesitant to try yet another thing that might not have produced results,' he explains. 'Dr Knudsen was straight to the point, with no mucking around. He gave me the facts and explained exactly what the procedure would entail so I could make a thorough and educated decision.'

Kevin made the decision to undergo hair transplant surgery with Dr Knudsen, flying to Sydney for the procedure. 'I flew into Sydney and underwent the procedure from 8:30am until 5pm, with breaks in between,' says Kevin. 'I had 2,500 grafts in total to fill out the front of my scalp,

which is the most you can have during one procedure. The procedure involved making tiny holes in the area at the front of my head where the hair was being transferred. Local anaesthetic was used, so even though the procedure was long, it wasn't overly painful or uncomfortable.'

'Each hair graft was secured with dissolvable stitches which dissolved over time,' Kevin continues. 'I took a week off work after the procedure, which Dr Knudsen recommended. There was nothing I didn't expect – Dr Knudsen made me fully aware of what was going to happen from beginning to end.'

Kevin says Dr Knudsen was particularly impressed with how well the grafts took to their new positions. 'I took normal painkillers for about a week after the procedure as I experienced slight headaches and tenderness around the area, but I was able to live day to day without much interruption,' he explains.

Now 26, Kevin says he is extremely happy with his results and is happy to talk to patients who are thinking about having the procedure. 'I've been going to the same hairdresser for three months and she hasn't even noticed!' he says. 'One year on, I've experienced no deterioration and finally feel confident with my hair – I couldn't be happier with the results.' **acsm**